Volume 8

McCall's

Divine Desserts

CAKE DESSERTS • CHEESECAKES • CRÊPES • FRESH FRUIT • ICE CREAMS • GELATINE DESSERTS • MERINGUES • CREAM PUFFS • ÉCLAIRS • SHORTCAKES • COBBLERS

McCall's Divine Desserts

BY THE FOOD EDITORS OF McCALL'S

Designed by Margot L. Wolf

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The crowning touch to any meal, the most important course of all, according to man and boy, is the dessert. No matter how good everything else that preceded it, everybody looks foward to what the conclusion will be. Our desserts range from the divinely simple to the simply divine. In other words, from the basic custard to the towering, spectacular creation, leading off with...

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Cake Desserts

APPLE CAKE SQUARES

2 cups unsifted all-purpose flour
2 cups sugar
2 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon salt
4 cups finely diced pared raw apples (about 1 1/2 lb)
1/2 cup chopped walnuts
1/2 cup butter or margarine, softened
2 eggs

1. Preheat oven to 325F. Grease a 13-by-9-by-2-inch baking pan.
2. Into large bowl, sift flour with sugar, soda, cinnamon, nutmeg, salt.
3. Add apples, nuts, butter, eggs. Beat until just combined – it will be thick. Turn into prepared pan.
4. Bake 1 hour, or until top springs back when lightly pressed with fingertip. Cool in pan on wire rack.
5. Serve warm, cut into squares. Top with whipped cream or ice cream, if desired.

MAKES 10 TO 12 SERVINGS

DATE-WALNUT SQUARES

3/4 cup finely chopped dates
2/3 cup chopped walnuts
3 tablespoons all-purpose flour
1 teaspoon baking powder
2 eggs, separated
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup light-brown sugar, firmly packed
1/2 cup heavy cream, whipped

1. Preheat oven to 350F. Lightly grease an 8-by-8-by-2-inch baking pan.
2. Place dates and walnuts in a large bowl. Sift flour and baking powder over them. Toss dates and walnuts, to mix well.
3. Add slightly beaten egg yolks and the vanilla; mix well.
4. In medium bowl, beat egg whites and salt until soft peaks form when beater is slowly raised. Add sugar gradually, beating until stiff peaks form.
5. With rubber spatula, fold into date-walnut mixture just until combined.
6. Turn into prepared pan; bake 20 minutes. Let cool in pan 10 minutes. Cut into 9 squares. Serve warm, with whipped cream.

MAKES 9 SERVINGS

OLD-FASHIONED PINEAPPLE UPSIDE-DOWN CAKE

3 cans (8 1/4-oz size) sliced pineapple in heavy syrup (12 slices)
1/4 cup butter or margarine
2/3 cup light-brown sugar, packed
1/3 cup pecan halves
1 cup unsifted all-purpose flour
3/4 cup granulated sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
1/2 cup milk
1 egg
1 cup heavy cream, chilled, or 1 pint vanilla ice cream

1. Preheat oven to 350F. Drain pineapple slices, reserving 2 tablespoons of the syrup.
2. In a very heavy, or iron, 10-inch skillet with heat-resistant handle, melt butter over medium heat. (See Note.) Add brown sugar, stirring until sugar is melted. Remove from heat.
3. Arrange 8 pineapple slices on sugar mixture, with one slice in the center and overlapping the rest slightly around edge of pan. Fill centers with pecan halves. Halve three remaining pineapple slices and arrange around inside edge of skillet with pecans in their centers.
4. Into medium bowl, sift flour with granulated sugar, baking powder and salt. Add shortening and milk. With electric mixer at high speed, beat 2 minutes or until mixture is smooth.
5. Add egg and reserved 2 tablespoons pineapple syrup; beat 2 minutes longer.
6. Gently pour cake batter over pineapple in skillet, spreading evenly, being careful not to disarrange pineapple.
7. On rack in center of oven, bake 40 to 45 minutes, or until golden in color and surface of cake springs back when it's gently pressed with fingertip.
8. Let skillet stand on wire rack 5 minutes to cool just slightly. With rotary beater, beat cream until stiff.
9. With small spatula, loosen cake from edge of skillet all around. Place serving platter over the cake, turn upside down, and shake gently; lift off skillet.
10. Serve cake warm, with the whipped cream or ice cream.

MAKES 8 SERVINGS

Note: The pineapple **upside**-down cake was traditionally baked in an iron skillet. If your skillet does not have an iron or heatproof handle, wrap handle in foil before placing in the oven.

OLD-FASHIONED GINGERBREAD WITH LEMON SAUCE

- 1½ cups sifted all-purpose flour
- 1½ teaspoons baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1 egg
- 1 cup light molasses
- ½ cup butter or margarine, melted
- ½ cup hot water
- Lemon Sauce, below

1. Preheat oven to 375F. Lightly grease and flour an 8-by-8-by-2-inch baking pan.
2. Into medium bowl, sift flour with baking soda, salt and spices.
3. In large bowl, using portable electric mixer, beat egg with molasses, butter and ½ cup hot water until well combined.
4. Gradually beat in flour mixture, beating until smooth.
5. Turn into prepared pan; bake 25 minutes, or until cake tester inserted in center comes out clean.
6. Let gingerbread cool in pan 10 minutes. Cut into 9 squares; then turn out. Serve warm, with Lemon Sauce.

MAKES 9 SERVINGS

LEMON SAUCE

- ½ cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- ¼ cup butter or margarine
- 2 teaspoons grated lemon peel
- Dash salt
- ¼ cup lemon juice

1. In small saucepan, combine sugar and cornstarch. Add 1 cup water, stirring until smooth.
2. Bring to boiling, stirring. Reduce heat; simmer, stirring, until mixture is thickened and translucent – about 5 minutes.
3. Remove from heat. Stir in butter, lemon peel, salt and lemon juice. Cool slightly. Serve warm.

MAKES 1¾ CUPS

LEMON PUDDING CAKE

- 2 tablespoons butter or margarine
- ½ cup granulated sugar
- 2 eggs, separated
- 3 tablespoons all-purpose flour
- 1¾ cups milk
- ¼ cup lemon juice
- 2 teaspoons grated lemon peel
- Confectioners' sugar

1. Preheat oven to 350F.
2. In large bowl with electric mixer, beat butter with granulated sugar until well blended. Beat in egg yolks until blended.
3. At low speed, blend in flour; add milk, lemon juice and peel.
4. Beat egg whites until soft peaks form when beater is raised. Using a wire whisk or rubber spatula, fold egg whites into lemon mixture.
5. Turn mixture into a shallow, 8½-inch round baking dish. Set dish in pan; pour boiling water into pan to depth of 1 inch.
6. Bake 40 to 45 minutes, or until golden-brown and knife inserted in center comes out clean.
7. Let stand at least 15 minutes before serving. Sprinkle top lightly with confectioners' sugar. Serve warm, with whipped cream, if desired.

MAKES 6 SERVINGS

PINEAPPLE UPSIDE-DOWN GINGERBREAD

- 2 cans (8¼-oz size) sliced pineapple in heavy syrup (8 slices)
- ¼ cup butter or margarine
- ⅔ cup light-brown sugar, packed
- 8 walnut halves
- 1½ cups sifted all-purpose flour
- 1 tablespoon ground ginger
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon each ground allspice, cloves and nutmeg
- ½ cup butter or margarine, softened
- ½ cup granulated sugar
- 2 eggs
- ½ cup molasses
- ½ cup water
- Maple syrup or maple-flavored syrup
- Whipped cream

1. Preheat oven to 350F. Drain pineapple slices. In a very heavy, or iron, 10-inch skillet with heat-resistant handle, melt ¼ cup butter over medium heat. Add brown sugar, stirring until sugar is melted. Remove from heat.
2. Arrange 7 pineapple slices on sugar mixture, overlapping slices slightly, around edge of pan. Put one slice in center. Fill centers with walnut halves.
3. Sift flour with ginger, baking soda, cinnamon, allspice, cloves and nutmeg; set aside.
4. In large bowl of electric mixer, at high speed, beat butter, granulated sugar and eggs until smooth and fluffy – about 5 minutes.
5. At low speed, beat in molasses and ½ cup water. Add flour mixture, beating just until smooth.
6. Pour batter over pineapple in skillet, spreading evenly.
7. Bake 40 to 45 minutes, or until cake tester inserted in center comes out clean.
8. Let stand on wire rack just 5 minutes. With small spatula, loosen cake from edge of skillet. Cover with serving plate; invert; shake gently; then lift off. Brush pineapple with maple syrup.
9. Serve cake warm. Top individual servings with whipped cream, or with vanilla ice cream, if desired.

MAKES 8 TO 10 SERVINGS

CHOCOLATE ICEBOX CAKE

4 pkg (3-oz size) ladyfingers, split lengthwise
3 cups semisweet-chocolate or chocolate-flavor pieces
1 cup granulated sugar
1/3 cup water
1 teaspoon vanilla extract
8 eggs, separated
Confectioners' sugar

1. Line the side, then the bottom of a 9-inch springform pan with ladyfingers, split side in.
2. In medium saucepan, combine chocolate pieces, granulated sugar and 1/3 cup water. Over low heat, stir constantly until chocolate is melted. Remove from heat. Add vanilla; beat with wooden spoon until smooth. Set aside and let cool slightly.
3. In large bowl, with portable electric mixer at medium speed, beat egg yolks slightly. Gradually add chocolate mixture, beating constantly. Continue beating until thickened.
4. With clean beater, beat egg whites just until stiff peaks form when beater is slowly raised. With wire whisk or rubber spatula, using an under-and-over motion, gently fold beaten egg whites into chocolate mixture just until combined.
5. Spread a fourth of chocolate mixture over ladyfingers in springform pan. Cover mixture with a layer of ladyfingers. Repeat three times, ending with ladyfingers.
6. Refrigerate until firm – about 4 hours.
7. Gently remove side of pan; place cake (still on bottom of pan) on serving plate. Sprinkle cake liberally with confectioners' sugar.

MAKES 12 SERVINGS

APPLE UPSIDE-DOWN CAKE

1/2 cup butter or margarine
2/3 cup granulated sugar
1 3/4 lb medium-size green apples, pared and sliced

Cake

1 cup sifted all-purpose flour
3/4 cup granulated sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
2/3 cup milk
1 egg

Whipped cream

1. Preheat oven to 350F.
2. In heavy, 10-inch skillet, melt butter over low heat. (See Note.) Add sugar, stirring until melted. Remove from heat.
3. Arrange apple slices overlapping on sugar mixture in skillet.
4. **Make Cake.** Into medium bowl, sift flour with granulated sugar, baking powder and salt. Add shortening and milk. With electric mixer at medium speed, beat 2 minutes.
5. Add egg; beat 2 minutes longer. Pour cake batter carefully over apples in skillet, spreading evenly.
6. Bake 40 to 45 minutes, or until cake springs back when gently pressed with fingertip.
7. Let stand on wire rack just 5 minutes. With small spatula, loosen cake from edge of skillet. Cover with serving plate; invert; shake gently; then lift off pan.
8. Serve cake warm. Top individual servings with whipped cream. Or top with small spoonfuls of vanilla ice cream, if desired.

MAKES 8 SERVINGS

Note: If skillet does not have an iron or heatproof handle, wrap handle in aluminum foil.

JELLY-ROLL CAKE

4 eggs
3/4 cup sifted cake flour
1 teaspoon baking powder
1/2 teaspoon salt
3/4 cup granulated sugar
Confectioners' sugar
1 cup raspberry preserves

1. In small bowl of electric mixer, let eggs warm to room temperature – about 1 hour.
2. Preheat oven to 400F. Lightly grease bottom of 15 1/2-by-10 1/2-by-1-inch jelly-roll pan; then line bottom of pan with waxed paper.
3. Sift flour with baking powder and salt; set aside.
4. At high speed, beat eggs until very thick and lemon-colored. Beat in granulated sugar, 2 tablespoons at a time; continue beating 5 minutes longer, or until very thick.
5. With rubber spatula, gently fold in flour mixture just until combined.
6. Turn into prepared pan, spreading evenly. Bake 9 minutes, or just until surface springs back when gently pressed with fingertip.
7. Meanwhile, on a clean tea towel, sift confectioners' sugar, forming a 15-by-10-inch rectangle.
8. Invert cake on sugar; gently peel off waxed paper.
9. Starting with narrow end, roll up cake (towel and all); place, seam side down, on wire rack to cool – about 20 minutes.
10. Gently unroll cake; remove towel. Spread with raspberry preserves; roll up again.
11. Place, seam side down, on serving plate; let stand, covered, at least 1 hour before serving.
12. To serve, sift confectioners' sugar over top; slice on diagonal. Serve with a bowl of chilled sweetened whipped cream, if desired.

MAKES 8 TO 10 SERVINGS

Cheese Cakes

FRUIT-GLAZED CREAM-CHEESE CAKE

Crust
- 2½ cups packaged graham-cracker crumbs
- ¼ cup sugar
- ½ cup butter or margarine, softened

Filling
- 3 pkg (8-oz size) cream cheese, softened
- 3 tablespoons grated lemon peel
- 1½ cups sugar
- 3 tablespoons all-purpose flour
- 4 eggs
- ½ cup lemon juice
- Fruit Glazes, below
- Sour cream

1. **Make Crust:** In medium bowl, with hands or back of metal spoon, mix graham-craker crumbs with ¼ cup sugar and the butter until well combined.
2. With back of spoon, press crumb mixture to the bottom and sides of a greased 12-by-8-by-2-inch baking dish or 3-quart shallow baking dish.
3. Preheat oven to 350F.
4. **Make Filling:** In large bowl of electric mixer, at medium speed, beat cream cheese, lemon peel, sugar, and flour until they are smooth and well combined.
5. Beat in eggs, one at a time. Beat in lemon juice.
6. Pour filling into crust-lined dish. Bake 35 to 40 minutes, or until center of filling seems firm when dish is shaken.
7. Cool completely on wire rack. Refrigerate 4 hours or overnight, or until very well chilled.
8. Meanwhile, make Fruit Glazes.
9. Spoon each glaze evenly over ⅓ of the cheesecake. Refrigerate 1 hour.
10. To serve, cut into squares. Pass sour cream. Wonderful for a large buffet or dessert party.

MAKES 12 TO 16 SERVINGS

STRAWBERRY GLAZE

- 1 pkg (10 oz) frozen strawberry halves, thawed
- 1 tablespoon sugar
- 2 teaspoons cornstarch

1. Drain the strawberries, reserving ½ cup of the liquid.
2. In a small saucepan, combine sugar and cornstarch. Stir in reserved liquid.
3. Over medium heat, bring to boiling, stirring; boil 1 minute.
4. Remove from heat; cool slightly. Stir in strawberries; cool completely.

BLUEBERRY GLAZE

- 1 pkg (10 oz) frozen blueberries, thawed
- 1 tablespoon sugar
- 2 teaspoons cornstarch

1. Drain blueberries, reserving liquid. Measure liquid; add water, if necessary, to make ½ cup.
2. In small saucepan, combine sugar and cornstarch. Stir in reserved liquid.
3. Over medium heat, bring to boiling, stirring; boil 1 minute.
4. Remove from heat; cool sightly. Stir in blueberries. Cool completely.

PINEAPPLE GLAZE

- 1 tablespoon sugar
- 2 teaspoons cornstarch
- 1 can (8¼ oz) crushed pineapple, undrained

1. In small saucepan, combine sugar and cornstarch. Stir in pineapple.
2. Over medium heat, bring to boiling, stirring; boil 1 minute. Cool completely.

CHOCOLATE MARBLE CHEESECAKE

- ½ cup chocolate-wafer crumbs
- 1 tablespoon butter or margarine, softened
- 3 pkg (8-oz size) cream cheese, softened
- 1 cup sugar
- 1½ teaspoons vanilla extract
- 5 eggs
- 2 squares semisweet chocolate, melted
- Chocolate Sour-Cream Frosting, below
- Miniature chocolate nonpareils

1. In a small bowl, combine crumbs and butter. Lightly grease bottom of a 9-inch springform pan. Press mixture onto bottom.
2. Preheat oven to 300F. In large bowl of electric mixer, combine cream cheese, sugar and vanilla. Beat until smooth. Add eggs, one at a time, beating well after each addition.
3. Set aside 1 cup of mixture. Pour remaining mixture into prepared pan. Fold melted chocolate into the one cup cheese mixture. Spoon onto mixture in pan, and cut through batter in a spiral motion, for marbled effect.
4. Bake 50 to 55 minutes, or until mixture is just set. Remove to wire rack; cool completely. Refrigerate 2 hours.
5. Frost top and side of cake with Chocolate Sour-Cream Frosting. Decorate with nonpareils. Refrigerate to chill very well before serving – about 4 hours.

MAKES 12 SERVINGS

CHOCOLATE SOUR-CREAM FROSTING

- 1 pkg (6 oz) semisweet-chocolate pieces
- ½ cup sour cream
- Dash salt

1. Melt chocolate pieces in top of double boiler over hot water.
2. Add sour cream and salt. With wooden spoon, beat frosting until creamy and of spreading consistency.

CHOCOLATE CHEESECAKE

Crumb Crust
1 pkg (8½ oz) chocolate wafers
⅓ cup melted butter or margarine
2 tablespoons granulated sugar
¼ teaspoon ground nutmeg

Cheese Filling
3 eggs
1 cup granulated sugar
3 pkg (8-oz size) cream cheese, softened
2 pkg (6-oz size) semisweet chocolate pieces, melted
1 teaspoon vanilla extract
⅛ teaspoon salt
1 cup sour cream
1 cup heavy cream
2 tablespoons confectioners' sugar

1. Preheat the oven to 350 F.
2. **Make Crumb Crust:** In electric blender or with rolling pin, crush chocolate wafers into fine crumbs. In a medium bowl, combine the wafer crumbs, melted butter, 2 tablespoons granulated sugar, and the nutmeg; mix until ingredients are well combined.
3. Press evenly over bottom and side (½ inch from top) of a 9-inch springform pan. Refrigerate crust until needed.
4. **Make Cheese Filling:** In large bowl of electric mixer, at high speed, beat eggs with 1 cup granulated sugar until light. Beat in cream cheese until mixture is smooth.
5. Add melted chocolate, vanilla, salt, and sour cream; beat until smooth.
6. Turn into crumb crust, and bake 1 hour, or until cheesecake is just firm when the pan is shaken gently.
7. Cool cheesecake in pan on a wire rack. Then refrigerate, covered, overnight.
8. Beat heavy cream with confectioners' sugar just until stiff. Remove the side of the springform pan.
9. Decorate cheesecake with the whipped cream, put through a pastry tube with a decorative tip.

MAKES 16 SERVINGS

LINDY'S FAMOUS CHEESECAKE

1 cup sifted all-purpose flour
¼ cup sugar
1 teaspoon grated lemon peel
½ teaspoon vanilla extract
1 egg yolk
¼ cup butter or margarine, softened

Filling
5 pkg (8-oz size) soft cream cheese
1¾ cups sugar
3 tablespoons all-purpose flour
1½ teaspoons grated lemon peel
1½ teaspoons grated orange peel
¼ teaspoon vanilla extract
5 eggs
2 egg yolks
¼ cup heavy cream

Red-Cherry Glaze, below

1. In medium bowl, combine flour, sugar, lemon peel, and vanilla. Make well in center; add egg yolk and butter. Mix, with fingertips, until dough cleans side of bowl.
2. Form into a ball, and wrap in waxed paper. Refrigerate about 1 hour.
3. Preheat oven to 400F. Grease the bottom and side of a 9-inch springform pan. Remove the side from the pan.
4. Roll one third of dough on bottom of springform pan; trim edge of dough.
5. Bake 8 to 10 minutes, or until golden.
6. Meanwhile, divide rest of dough into 3 parts. Roll each part into a strip 2½ inches wide and about 10 inches long.
7. Put together springform pan, with the baked crust on bottom.
8. Fit dough strips to side of pan, joining ends to line inside completely. Trim dough so it comes only three fourths way up side of pan. Refrigerate until ready to fill.
9. Preheat oven to 500F. Make Filling: In large bowl of electric mixer, combine cheese, sugar, flour, lemon and orange peel, and vanilla. Beat, at high speed, just to blend.
10. Beat in eggs and egg yolks, one at a time. Add cream, beating just until well combined. Pour mixture into springform pan.
11. Bake 10 minutes. Reduce oven temperature to 250F, and bake 1 hour longer.
12. Let cheesecake cool in pan on wire rack. Glaze top with Red-Cherry Glaze. Refrigerate 3 hours, or overnight.
13. To serve: Loosen pastry from side of pan with spatula. Remove side of springform pan. Cut cheesecake into wedges.

MAKES 16 TO 20 SERVINGS

RED-CHERRY GLAZE

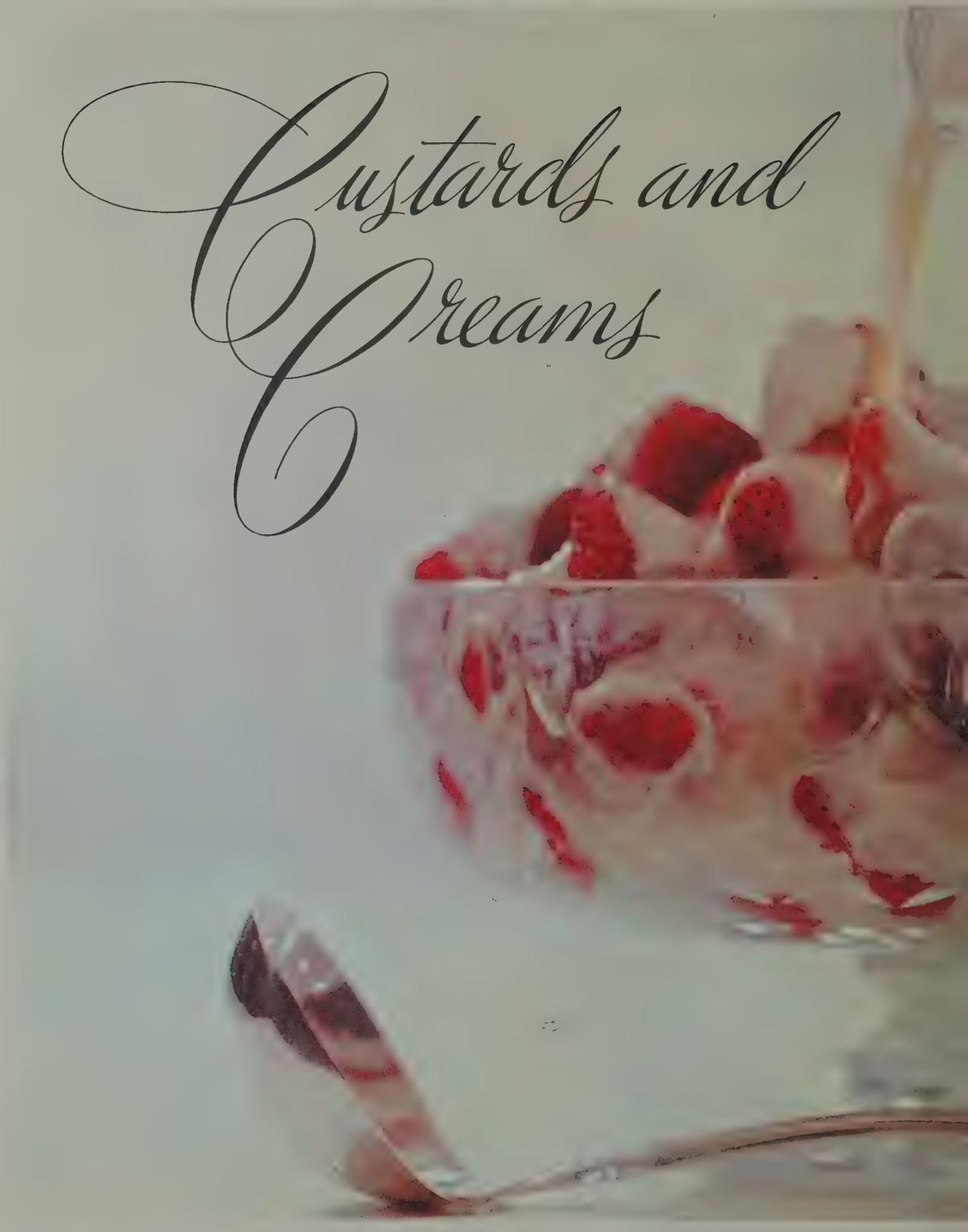
1 can (1 lb) sour red cherries, packed in water
½ cup sugar
1 tablespoon cornstarch
1 tablespoon lemon juice

1. Drain cherries, reserving ½ cup liquid. Set cherries aside until ready to use.
2. In small saucepan, combine sugar and cornstarch. Add reserved cherry liquid, stirring until mixture is smooth.
3. Bring to boiling, stirring, over medium heat; boil 1 minute. The mixture will be thickened and translucent.
4. Remove from heat; let cool slightly. Add lemon juice and cherries. Cool thoroughly before spooning over top of cooled cheesecake.

MAKES 2 CUPS GLAZE

◀ **Chocolate Marble Cheese Cake**

Custards and Creams



CUSTARD OVER BERRIES

1½ cups milk
3 egg yolks
¼ cup sugar
Dash salt
½ teaspoons vanilla extract
2 pints fresh strawberries, washed and hulled

1. In top of double boiler, over direct heat, heat milk until tiny bubbles appear around edge of pan.
2. Beat yolks, sugar and salt to mix well.
3. Very slowly pour hot milk into egg mixture, beating constantly.
4. Return mixture to double-boiler top; place over hot, not boiling, water. Water in lower part of double boiler should not touch upper part.
5. Cook, stirring constantly, until thin coating forms on metal spoon – 8 to 10 minutes.
6. Pour custard immediately into bowl; place sheet of waxed paper directly on surface.
7. Set bowl in cold water, to cool. Stir in vanilla. Refrigerate. Serve over strawberries.

MAKES 1½ CUPS

JUST-RIGHT BAKED CUSTARD

2 eggs
2 cups milk
¼ cup sugar
Dash salt
½ teaspoon vanilla extract
½ teaspoon lemon extract
Ground nutmeg

1. Preheat oven to 350F.
2. Beat eggs and milk together. Add sugar, salt, and extracts.* Mix well.
3. Ladle into 5 ungreased (6-oz) custard cups. Sprinkle with nutmeg.
4. Place in shallow pan. Pour hot water to ½-inch level around custard cups.
5. Bake 35 minutes, or until silver knife inserted ½ inch into center of custard comes out clean. Be careful not to overbake.

MAKES 5 SERVINGS

*Other flavorings can be used: ½ teaspoon almond or 1 teaspoon vanilla.

CARAMEL CUSTARD

1¼ cups sugar
8 eggs, slightly beaten
1 teaspoon salt
1½ cups water
2 cans (13-oz size) evaporated milk, undiluted
2 teaspoons vanilla extract

1. Preheat oven to 350F.
2. In small, heavy skillet, over very low heat, melt ¼ cup sugar; shake pan slightly as sugar melts. Heat, stirring constantly, until light-golden.
3. Pour into a 2-quart baking dish or casserole; coat bottom completely. Set aside to cool while preparing custard.
4. In large bowl, with rotary beater, beat eggs, remaining sugar, and the salt. Add 1½ cups water, evaporated milk, and vanilla. Blend well.
5. Pour into prepared casserole; set in pan containing 1 inch hot water; bake 1 hour, or until silver knife inserted 1 inch from edge comes out clean.
6. Remove from oven to wire rack. Refrigerate overnight before serving.
7. To serve: Serve in sauce dishes. Top with sweetened whipped cream, if desired; or sprinkle with toasted slivered almonds.

MAKES 10 TO 12 SERVINGS

CARAMEL FLAN

¾ cup sugar

Custard
2 cups milk
2 cups light cream
6 eggs
½ cup sugar
½ teaspoon salt
2 teaspoons vanilla extract
Boiling water

1. Place ¾ cup sugar in a large, heavy skillet. Cook, over medium heat, until sugar melts and forms a light-brown syrup; stir to blend.
2. Immediately pour syrup into a heated 8¼-inch round, shallow baking dish; holding dish with pot holders, quickly rotate, to cover bottom and side completely. Set aside.
3. Preheat oven to 325F.
4. **Make Custard:** In medium saucepan, heat milk and cream just until bubbles form around edge of pan.
5. In large bowl, with rotary beater, beat eggs slightly. Add sugar, salt and vanilla. Gradually stir in hot milk mixture. Pour into prepared dish.
6. Set dish in shallow pan; pour boiling water to ½-inch level around dish.
7. Bake 55 minutes. Let custard cool; refrigerate 2 to 3 hours, or overnight.
8. To serve: Run small spatula around edge of dish, to loosen. Invert on shallow serving dish; shake gently to release. The caramel acts as sauce.

MAKES 8 SERVINGS

PINEAPPLE RICE CREAM

1 cup long-grain white rice
4 cups milk
1/2 cup sugar
1/8 teaspoon salt
1 can (8 1/4 oz) pineapple chunks, drained
1 cup miniature marshmallows
1/2 cup heavy cream, whipped
1/2 teaspoon vanilla extract
5 pineapple slices, drained, cut in half
1/2 cup toasted coconut (see Note)

1. Day ahead: In top of double boiler, combine rice, milk, 1/4 cup sugar and the salt; mix well.
2. Place over hot, not boiling, water. Cook covered, stirring occasionally, until rice is very soft and mixture is creamy – 1 1/4 to 1 1/2 hours. (Add water as needed to bottom of double boiler.) Remove from heat.
3. Refrigerate until chilled – about 2 hours.
4. In large bowl, combine rice mixture, pineapple chunks and marshmallows; stir until well combined.
5. Refrigerate, covered, overnight.
6. To serve: Fold whipped cream and vanilla into rice mixture. Turn into chilled 2-quart serving bowl. Decorate with halved pineapple rings and toasted coconut.
7. Refrigerate an hour or so before serving.

MAKES 8 TO 10 SERVINGS

Note: To toast coconut, preheat oven to 350F. Place coconut on cookie sheet. Toast, stirring occasionally, until light golden – about 5 minutes.

BAKED RICE CUSTARD

1/3 cup long-grain white rice
5 cups milk
1 teaspoon salt
3 eggs
3/4 cup sugar
1 1/2 teaspoons vanilla extract

1. In top of double boiler, combine rice, 4 cups milk and the salt. Cook over boiling water, covered and stirring occasionally, 1 hour, or until rice is tender.
2. Preheat oven to 350F. Grease a 2-quart casserole; place in baking pan.
3. In a large bowl, combine eggs, sugar, vanilla and remaining milk; beat just until blended. Gradually stir in hot rice mixture.
4. Pour into prepared casserole. Pour hot water to 1-inch depth around casserole.
5. Bake, uncovered, 60 to 65 minutes, or until sharp knife inserted in custard 1 inch from edge of casserole comes out clean.
6. Remove from hot water to wire rack, and let cool. Then refrigerate until well chilled – at least 3 hours, or overnight.

MAKES 8 SERVINGS

CREAMY RICE PUDDING

1/2 cup long-grain white rice
1 quart milk
1 cinnamon stick (about 3 inches)
1/2 cup butter or margarine
3/4 cup sugar
2 tablespoons rose water (see Note)
1 teaspoon freshly grated nutmeg
8 egg yolks
4 egg whites

1. In top of double boiler, combine rice, milk and cinnamon stick. Cook, covered, over hot water about 1 hour, or until rice is tender. Preheat oven to 350F.
2. To rice mixture, add butter, sugar, rose water and nutmeg; mix well. Let cool.
3. Lightly butter a 2-quart casserole. Beat egg yolks and whites just to mix well; stir into rice mixture until well combined.
4. Place casserole in pan filled with boiling water, 1 inch deep. Bake 45 to 50 minutes, or until custard is set and a sharp knife inserted 1 inch from edge of pudding comes out clean. Rice pudding may be served slightly warm or well chilled.

MAKES 8 SERVINGS

Note: Rose water may be purchased at a drugstore or gourmet shop. You may substitute 1 teaspoon vanilla extract for rose water.

CHOCOLATE BREAD PUDDING

3 cups soft white- or whole-wheat-bread cubes
1/2 cup semisweet-chocolate pieces
1 teaspoon cinnamon
2 cups milk
1/2 cup sugar
1/4 cup butter or margarine
1/4 teaspoon salt
2 eggs, beaten

1. Preheat oven to 350F. Lightly grease a 1 1/2-quart casserole.
2. In large bowl, toss bread cubes with chocolate pieces and cinnamon.
3. In medium saucepan, combine milk, sugar, butter, and salt; bring to boiling, stirring. Pour over bread mixture, mixing well.
4. Stir in eggs. Pour into prepared casserole. Set casserole in baking pan containing 1 inch hot water.
5. Bake 40 to 45 minutes, or until a silver knife inserted in center comes out clean. Serve warm, with milk or light cream.

MAKES 5 OR 6 SERVINGS

BREAD-AND-BUTTER PUDDING

½ cup butter, softened
18 slices white bread, crusts removed
¾ cup raisins
3½ cups milk
¼ cup sugar
5 eggs, well beaten
Ground nutmeg

1. Butter bread slices. Use a few buttered bread slices to cover bottom of 10-by-7-inch baking dish. Sprinkle with half of raisins.
2. Continue to layer buttered bread and raisins. The final layer should be of bread – no raisins.
3. Preheat oven to 350F. Heat milk slightly; add sugar; stir to dissolve. Stir into beaten eggs; beat until well combined, not frothy. Pour over bread. Press top layer down to fit snugly. Sprinkle with grated nutmeg.
4. Bake until nicely browned – about 1 hour. Serve slightly warm.

MAKES 8 SERVINGS

VANILLA BLANC MANGE

2¼ cups milk
3 tablespoons cornstarch
⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla extract
Whipped cream

1. In medium saucepan, slowly heat 2 cups milk just until bubbles form around edge of pan.
2. In small bowl, combine cornstarch, sugar, salt, and remaining milk; stir to mix well.
3. Gradually stir cornstarch mixture into hot milk; bring to boiling, stirring. Boil 1 minute, stirring constantly.
4. Remove from heat. Add vanilla.
5. Turn into 6 individual dessert dishes; place piece of waxed paper directly on surface of each. Refrigerate 1 hour before serving. Serve with whipped cream, or a fruit sauce.

MAKES 6 SERVINGS

COCONUT BLANC MANGE: Make Vanilla Blanc Mange, adding ½ cup flaked coconut to hot milk. Also, use ¼ teaspoon almond extract, and reduce vanilla extract to ½ teaspoon.

MOCHA BLANC MANGE: Make Vanilla Blanc Mange, adding 1 square unsweetened chocolate, halved, to milk along with 1 teaspoon instant coffee. Heat, stirring, until chocolate is melted. Proceed as directed, increasing sugar to ½ cup.

OLD-FASHIONED CHOCOLATE BLANC MANGE: Make Vanilla Blanc Mange, adding 3 squares unsweetened chocolate, cut up, to milk. Heat, stirring, until chocolate is melted. Proceed as directed, increasing sugar to ½ cup.

VANILLA-TAPIOCA CREAM

2 egg yolks
½ cup sugar
2 cups milk
3 tablespoons quick cooking tapioca
⅛ teaspoon salt
2 egg whites
1 teaspoon vanilla extract

1. In small saucepan, beat egg yolks slightly. Stir in ¼ cup sugar and ½ cup milk, mixing well.
2. Add tapioca, salt, and rest of milk; let mixture stand 5 minutes.
3. Over medium heat, cook tapioca mixture, stirring constantly, 5 to 8 minutes, or until it comes to boiling. Remove from heat. Mixture will be thin.
4. In medium bowl, with portable electric mixer or rotary beater, beat egg whites just until soft peaks form when beater is slowly raised.
5. Gradually add remaining sugar, beating well after each addition. Continue beating until stiff peaks form.
6. With rubber spatula, using an under-and-over motion, fold tapioca mixture into egg whites, just until combined. Fold in vanilla.
7. Let stand at room temperature 20 minutes, then refrigerate 1 hour, or until serving.
8. Spoon into sherbet dishes. Serve with fruit or whipped cream.

MAKES 4 TO 6 SERVINGS

COFFEE-TAPIOCA CREAM: Make Vanilla-Tapioca Cream, adding 1 tablespoon instant coffee to milk. Proceed as above. Serve garnished with whipped cream and chopped toasted almonds.

CHOCOLATE TRIFLE

2 pkg (3⅝-oz size) chocolate-pudding-and-pie-filling mix
1 env unflavored gelatine
1 quart milk
2 squares (1-oz size) unsweetened chocolate
1 teaspoon vanilla extract
2 cups heavy cream
½ cup confectioners' sugar
3 pkg (3-oz size) individual marshmallow-filled chocolate rolls

1. In large saucepan, thoroughly combine pudding mix and gelatine. Stir in milk until smooth; add chocolate.
2. Bring to boiling over medium heat, stirring constantly. Cook, stirring, until chocolate is melted and mixture is thick and smooth – about 3 minutes.
3. Remove from heat; stir in vanilla. Pour into bowl. Refrigerate, covered, or set in ice water, until pudding mixture is completely cold – about 1 hour.
4. In small bowl, beat 1 cup cream until stiff. Beat in ¼ cup sugar until blended. Refrigerate.

5. Cut each chocolate roll crosswise into six slices. Cover slices with damp paper towels.
6. To assemble: With wire whisk or rubber spatula, fold the whipped cream into the chilled chocolate-pudding mixture.
7. Pour 1½ cups chocolate-cream mixture into a chilled 3-quart glass serving bowl.
8. Line bowl, from chocolate-cream layer to top, with rows of chocolate-roll slices.
9. Carefully spoon the remaining chocolate-cream mixture into the bowl.
10. Refrigerate, covered, until well chilled – several hours or overnight.
11. Before serving, beat remaining whipped cream with remaining sugar. Decorate top with swirls of whipped cream.
MAKES 10 TO 12 SERVINGS

BAKED INDIAN PUDDING

½ cup yellow cornmeal
4 cups hot milk
½ cup maple or maple-flavored syrup
¼ cup light molasses
2 eggs, slightly beaten
2 tablespoons butter or margarine, melted
⅓ cup brown sugar, packed
1 teaspoon salt
¼ teaspoon ground cinnamon
¾ teaspoon ground ginger
½ cup cold milk
Vanilla ice cream or light cream

1. In double-boiler top, slowly stir cornmeal into hot milk. Cook over boiling water, stirring occasionally, 20 minutes.
2. Preheat oven to 300F. Lightly grease a 2-quart (8½-inch round) baking dish.
3. In small bowl, combine rest of ingredients except cold milk and ice cream; stir into cornmeal mixture; mix well. Turn into prepared dish; pour cold milk on top, without stirring.
4. Bake, uncovered, 2 hours, or until just set but quivery on top. Do not overbake. Let stand 30 minutes before serving. Serve warm, with vanilla ice cream or light cream.
MAKES 8 SERVINGS

TRILBY CREAM

¾ lb marshmallows
¼ cup chopped preserved ginger in syrup
2 tablespoons ginger syrup
¼ cup orange juice
2 cups heavy cream
¼ cup confectioners' sugar
1 teaspoon vanilla extract
18 red candied cherries
⅓ cup coarsely chopped walnuts

1. Cut or snip marshmallows into sixths. Place in medium bowl with chopped preserved ginger and the ginger syrup. Add orange juice; mix well.
2. Refrigerate, covered, until marshmallows are softened – about 30 minutes.
3. In large bowl, combine cream, sugar and vanilla; beat with rotary beater until stiff. Fold in marshmallow mixture and 12 cherries, quartered. Turn into large crystal serving bowl.
4. Refrigerate, covered, 6 hours or overnight. At serving time, sprinkle top with walnuts and remaining whole cherries.
MAKES 12 SERVINGS

DANISH FRUIT PUDDING

2 pkg (10-oz size) frozen sliced strawberries, thawed
2 pkg (10-oz size) frozen raspberries, thawed
Sugar
¼ cup cornstarch
½ cup cold water
Whipped cream or light cream

1. Drain berries; reserve juice (2 cups). Turn berries into six to eight dessert dishes or a medium serving bowl.
2. In large saucepan, combine 2 tablespoons sugar and the cornstarch; mix well. Stir in reserved fruit juice and ½ cup cold water; mix well.
3. Cook over medium heat, stirring, until mixture is thickened and translucent (do not boil) – takes 10 minutes.
4. Pour over berries. Sprinkle surface of dessert lightly with sugar. Refrigerate several hours, or until well chilled.
5. To serve, decorate top of each with a mound of whipped cream, or serve with light cream.
MAKES 6 TO 8 SERVINGS

Crêpes

CARAMEL CUSTARD CRÊPES

Raisin Applesauce
2 lb tart cooking apples, pared and cut into eighths
1/4 cup raisins
1/2 cup water
1/3 cup sugar
1/2 teaspoon grated lemon peel
1/4 teaspoon ground cinnamon
1/2 teaspoon vanilla extract

12 crêpes (see batter for Marmalade Crêpe Torte, page 19)

Custard
4 eggs
1/2 cup sugar
2 cups milk
1/2 teaspoon vanilla extract

Caramel
1/2 cup sugar

1. **Make Raisin Applesauce:** In medium saucepan, combine apples, raisins and 1/2 cup water. Bring to boiling, stirring.
2. Reduce heat; simmer, covered, 20 to 25 minutes, stirring occasionally.
3. Add 1/3 cup sugar, the lemon peel, cinnamon and 1/2 teaspoon vanilla; mix well. Remove from heat; set aside. Makes 3 cups.
4. Meanwhile, make crêpes.
5. Preheat oven to 350F.
6. In center of each crêpe, place 1/4 cup raisin applesauce; roll up carefully.
7. Arrange crêpes, seam side down, in two layers in 10-inch baking dish.
8. **Make Custard:** In small bowl, beat together eggs and 1/2 cup sugar. In small saucepan, heat milk just until bubbles form around edge.
9. Pour over egg mixture, beating constantly. Add vanilla. Pour over crêpes in prepared dish.
10. Bake 30 to 35 minutes, or until a knife blade inserted 1 inch from edge comes out clean. Remove from oven to rack.
11. **Caramelize sugar:** In small skillet over medium heat, cook sugar just until it melts and turns golden and syrupy.
12. Spoon over crêpes, going back and forth. Serve warm.

MAKES 8 SERVINGS

Clockwise from top: Marmalade Crêpe Torte; Crêpe Soufflé; Pear Crêpes; Cherries Jubilee Crêpes; Caramel Custard Crêpes.

PEAR CRÊPES

1 can (1 lb, 14 oz) pear halves
1/2 cup apricot liqueur
1/4 cup sugar
8 crêpes (see Basic Recipe for 8 Crêpes, below)
1/2 cup heavy cream, whipped stiff
Currant jelly

1. Drain pears, reserving liquid.
2. In medium saucepan, bring liquid to boiling. Boil, uncovered, to reduce liquid to 1/2 cup – about 20 minutes.
3. Add apricot liqueur and sugar; stir until sugar is dissolved. Add pears; bring to boiling; remove from heat. Let stand 30 minutes or longer.
4. Make crêpes; keep warm in 300F oven.
5. To serve: Fold crêpe in half; lay pear in center of crêpe; fold sides over. Top with 2 tablespoons sauce. Garnish with whipped-cream rosette (use pastry tube with number-6 tip). Spoon a dot of currant jelly on top of each rosette. Serve immediately.

MAKES 8 SERVINGS

BASIC RECIPE FOR 8 CRÊPES

1/2 cup unsifted all-purpose flour
2 tablespoons butter or margarine, melted and cooled, or 2 tablespoons salad oil
1 whole egg
1 egg yolk
3/4 cup milk

1. In small bowl, combine flour, melted butter, whole egg yolk and 1/4 cup milk. Beat with rotary beater until smooth. Beat in remaining milk until mixture is well blended. Refrigerate, covered, at least 30 minutes.
2. Slowly heat an 8-inch skillet until a drop of water sizzles and rolls off. For each crêpe, brush skillet lightly with butter. Pour in about 2 tablespoons batter, rotating pan quickly to spread batter completely over bottom.
3. Cook until lightly browned; then turn and brown other side. Turn out on wire rack. Keep warm in 300F oven. (Stack crêpes with a piece of waxed paper between each two if not using for several hours.)

MAKES 8 CRÊPES

CRÊPE SOUFFLÉ

Crêpes
1 cup sifted all-purpose flour (sift before measuring)
2 whole eggs
1 cup milk
1 teaspoon vanilla extract
Butter or margarine, melted

Soufflé Filling
8 egg whites (at room temperature)
1/4 teaspoon cream of tartar
1/4 teaspoon salt
2 cups confectioners' sugar
2 teaspoons grated orange peel
Cointreau or Grand Marnier
1/2 teaspoon vanilla extract

2 tablespoons apricot preserves, melted
1 cup heavy cream, whipped stiff

1. **Make Crêpes:** In medium bowl, combine flour, whole eggs, milk, 1 teaspoon vanilla and 1 teaspoon melted butter; beat with rotary beater until smooth.
2. Refrigerate, covered, 30 minutes.
3. Slowly heat a 7-inch skillet until a drop of water sizzles and rolls off. For each crêpe, brush skillet lightly with butter. Pour in about 2 tablespoons batter, rotating pan quickly to spread batter completely on bottom of skillet.
4. Cook until lightly brown on one side and dry on the other. Turn out on wire rack. Makes 12 crêpes.
5. Preheat oven to 350F. Butter a 1 1/2-quart oval or round baking dish.
6. **Make Soufflé Filling:** In large bowl of electric mixer, beat egg whites with cream of tartar and salt just until soft peaks form when beater is slowly raised.
7. Gradually add confectioners' sugar (1/4 cup at a time), beating well after each addition; continue beating until stiff peaks form when beater is slowly raised.
8. Add orange peel, 3 tablespoons Cointreau and the vanilla; mix just until blended.
9. Line side of prepared dish with nine crêpes, browned sides inside; half of crêpe should hang over edge. Layer remaining crêpes on bottom of dish.
10. Brush crêpes with Cointreau. Turn soufflé mixture into prepared dish. Fold crêpes over filling.
11. Bake 15 minutes, or until puffed and light golden.
12. Remove from oven. Brush crêpes with melted apricot preserves. Serve with whipped cream.

MAKES 8 SERVINGS

MARMALADE CRÊPE TORTE

Crêpe Batter
1 cup sifted all-purpose flour
Butter or margarine, melted
4 eggs
2 tablespoons sugar
1/4 teaspoon salt
1 1/2 cups milk

1/4 cup sweet butter
1 1/2 cups sweet orange marmalade
1/3 cup Grand Marnier
1 cup finely chopped walnuts or pecans

1. In medium bowl, combine flour, 3 tablespoons melted butter, eggs, sugar, salt and 1/2 cup milk; beat with rotary beater until smooth. Beat in remaining milk until well blended.
2. Refrigerate, covered, 30 minutes.
3. Slowly heat an 8-inch skillet until a drop of water sizzles and rolls off. For each crêpe, brush skillet lightly with melted butter.
4. Pour in 1/4 cup batter, rotating pan quickly, to spread batter completely over bottom of skillet.
5. Cook until lightly browned; then turn and brown other side. Turn out onto wire rack. Makes 12 crêpes.
6. In medium skillet, melt sweet butter. Add marmalade. Stir over low heat until marmalade is melted. Preheat oven to 300F.
7. To assemble torte: Brush each crêpe with Grand Marnier. Spread with one rounded tablespoon of marmalade mixture; sprinkle with 1 tablespoon chopped nuts. On heatproof serving platter, stack crêpes, one on top of the other.
8. Sprinkle remaining nuts on top. Place in oven to warm – 5 to 10 minutes. Cut into wedges. Nice served with whipped cream or vanilla ice cream.
MAKES 8 SERVINGS

BANANA CRÊPES

8 crêpes (see Basic Recipe for 8 Crêpes, page 18)
1/2 cup butter or margarine
1 cup light-brown sugar, packed
1/4 teaspoon ground cinnamon
1/3 cup white rum
8 medium-size bananas
2 tablespoons lemon juice
1/4 cup pecans

1. Make crêpes.
2. In large skillet, melt butter. Add brown sugar, cinnamon and rum; stir over medium heat until sugar is dissolved.
3. Peel bananas; remove tips at stem end. Brush with lemon juice
4. Gently sauté bananas in sauce, turning until tender – about 5 minutes. Do not break bananas.
5. Place a banana in center of each crêpe; fold crêpe around banana.
6. Arrange crêpes in heatproof serving dish or skillet. Add pecans to sauce; pour over crêpes, reheat gently. Nice served with vanilla ice cream.
MAKES 8 SERVINGS

CHERRIES JUBILEE CRÊPES

8 crêpes (see Basic Recipe for 8 Crêpes, page 18)
1/4 cup currant jelly, melted

Cherries Jubilee
1 can (1 lb, 1 oz) pitted dark cherries
1 1/2 tablespoons cornstarch
2 tablespoons currant jelly

1 pint vanilla ice cream
1/2 cup heavy cream, whipped stiff
1/4 cup brandy or Cognac

1. Make Crêpes. Brush inside of each crêpe with some of melted currant jelly. Keep warm in 300F oven.
2. **Make Cherries Jubilee:** Drain cherries, reserving syrup.
3. In 10-inch skillet, combine syrup and cornstarch; stir until smooth. Add 2 tablespoons currant jelly; bring to boiling, stirring; reduce heat and simmer 2 minutes.
4. Stir in cherries; heat through.
5. Spoon 1/4 cup ice cream onto center of each crêpe; fold crêpe over.
6. Arrange in shallow serving dish. Decorate with whipped cream in pastry bag and number-6 decorating tip. Or serve whipped cream in bowl.
7. In small saucepan, heat brandy until bubbles form around edge of pan. Ignite with match; pour into cherry mixture. Serve over crêpes.
MAKES 8 SERVINGS

LEMON MERINGUE CRÊPES

Lemon Filling
2 tablespoons cornstarch
1½ tablespoons all-purpose flour
¾ cup sugar
Dash salt
1 cup water
2 egg yolks, slightly beaten
¼ cup lemon juice
2 teaspoons grated lemon peel
1 teaspoon butter

8 crêpes (see Basic Recipe for Crêpes, page 18)
¼ cup heavy cream, whipped stiff

Meringue
2 egg whites (at room temperature)
⅛ teaspoon cream of tartar
¼ cup sugar

¼ cup canned flaked coconut

1. **Make Lemon Filling:** In small saucepan, combine cornstarch, flour, ¾ cup sugar and the salt, mixing well. Gradually add 1 cup water, stirring until smooth.
2. Over medium heat, bring to boiling, stirring occasionally; boil 1 minute.
3. Remove from heat. Quickly stir some of hot mixture into egg yolks. Return to hot mixture; stir to blend.
4. Return to heat; cook over low heat 5 minutes, stirring occasionally.
5. Remove from heat. Stir in lemon juice, lemon peel and butter. Pour into medium bowl. Place in bowl of ice cubes to chill quickly – 20 minutes.
6. Make crêpes.
7. Fold whipped cream into lemon filling; refrigerate.
8. Preheat oven to 400F.
9. **Make Meringue:** In small bowl, with electric mixer at medium speed, beat egg whites with cream of tartar until frothy.
10. Gradually beat in sugar, 2 tablespoons at a time, beating after each addition. Beat at high speed until stiff peaks form when beater is slowly raised.
11. Fill each crêpe with about ¼ cup lemon filling. Fold crêpe over.
12. Arrange in lightly buttered shallow baking dish.
13. With meringue in pastry bag with number-6 decorating tip, make ruching on top of each crêpe. Sprinkle with coconut.
14. Bake 8 to 10 minutes, or until meringue is golden-brown. Serve warm.

MAKES 8 SERVINGS

BLUEBERRY CRÊPES

½ cup sugar
2 tablespoons cornstarch
½ cup water
2 cups blueberries
1 tablespoon lemon juice
Dash ground nutmeg
6 crêpes (make half the batter for Marmalade Crêpe Torte, page 19)
¾ cup sour cream
¼ cup light-brown sugar

1. Make sauce: In small saucepan, combine sugar and cornstarch; mix well.
2. Add ½ cup water and ½ cup blueberries. Crush blueberries with fork or potato masher.
3. Bring to boiling, stirring, and boil until thickened and translucent. Add lemon juice, nutmeg and rest of blueberries; simmer, stirring, 3 minutes longer. Set aside to cool. Makes 1½ cups.
4. Fill each crêpe with ¼ cup blueberry filling. Fold crêpe over. Arrange in shallow baking dish.
5. Before serving, spoon 2 tablespoons sour cream in the center of each crêpe. Sprinkle with brown sugar.
6. To serve: Place crêpes under broiler, 6 inches from heat. Broil until sugar melts and crêpes are heated through.

MAKES 6 SERVINGS

Fresh Fruit Desserts

GLAZED APPLES

2 lb tart cooking apples
1/2 cup sugar
3/4 cup water
Light cream

1. Wash, pare, and core apples. Cut each into 8 wedges.
2. Combine sugar and 3/4 cup water in medium saucepan; bring to boiling, stirring until sugar is dissolved.
3. Add apples; bring to boiling. Then reduce heat; simmer, covered, 20 to 25 minutes; shake pan occasionally, to prevent apples from sticking. (Add a little more water, if necessary.)
4. Serve, warm or cold, with cream.

MAKES 4 TO 6 SERVINGS

MINCEMEAT-STUFFED APPLES

4 large baking apples
3/4 cup prepared mincemeat
1/2 cup light-brown sugar, firmly packed
Light or heavy cream

1. Wash and dry apples; core.
2. With sharp knife, pare 1/2-inch strip from top of each apple. Make several small slits in skin around middle.
3. Place apples in large skillet with heat-resistant handle. Fill centers with the mincemeat. Add water to skillet to measure 1/4 inch.
4. Simmer, covered, over low heat, 15 to 20 minutes. Bottoms of apples should be just tender when pierced with wooden pick.
5. Sprinkle apple tops with sugar. Broil, 6 inches from heat, 5 to 10 minutes, or until tops of apples are nicely glazed and tender.
6. Serve, warm or cold, with cream.

MAKES 4 SERVINGS

CANTALOUPE BALLS À L'ORANGE

1/4 cup slightly thawed frozen orange-juice concentrate, undiluted
2 tablespoons light corn syrup
1 tablespoon kirsch
4 cups ripe cantaloupe balls
6 fresh mint sprigs

1. In medium bowl, combine orange-juice concentrate, corn syrup and kirsch; mix well.
2. Add melon balls; toss lightly to combine.
3. Refrigerate, covered, until well chilled – about 2 hours.
4. To serve: Spoon into six dessert dishes or 1 large compote. Garnish with mint.

MAKES 6 SERVINGS

CHERRIES SUPREME

1 1/2 lb dark sweet cherries
2 cups port
1-inch cinnamon stick
1/3 cup sugar
1 teaspoon grated orange peel
2 tablespoons currant jelly

1. Wash cherries in cold water; remove pits.
2. Place in large saucepan with port, cinnamon stick, sugar, and orange peel.
3. Bring to boiling. Reduce heat; simmer 10 minutes, stirring occasionally. Remove from heat.
4. Spoon cherries into 6 dessert dishes.
5. Simmer cherry liquid about 20 minutes.
6. Add currant jelly; stir until melted. Remove cinnamon stick. Pour liquid over fruit.
7. Refrigerate until very cold.

MAKES 6 SERVINGS

FRESH-FRUIT SHAKE

1 cup crushed ice
1 cup yogurt
1/4 cup honey
2 tablespoons sugar
1 tablespoon wheat germ
1/2 cup sliced fresh strawberries, or 1/2 pkg (10-oz size) frozen sliced strawberries, thawed (see Note)
1/2 cup cut-up fresh ripe papaya (if available)
1 cup cut-up ripe cantaloupe
Fresh mint leaves

1. In blender, combine half of all ingredients except mint; blend until smooth; turn into chilled pitcher.
2. Blend rest of ingredients; add to pitcher. To serve, pour into chilled glasses; garnish with mint or with skewers of fresh fruit.

MAKES 8 SERVINGS

Note: If desired, use more strawberries to give a brighter pink color. If fresh strawberries are too tart, add sugar to taste.

BANANAS FLAMBÉ

4 large bananas
1/2 cup sweet butter
1/2 cup superfine sugar
1/3 cup dark rum

1. Peel bananas, removing any strings; cut bananas in half lengthwise, then cut crosswise on the diagonal, to make 1 1/2-inch pieces.
2. In large skillet, melt butter; add sugar; heat, stirring, until golden.
3. Add bananas; sauté, turning occasionally, until tender – about 5 minutes.
4. Ignite rum; add flaming to bananas.
5. Serve at once, over vanilla ice cream if desired.

MAKES 6 SERVINGS

FRUIT SUPREME WITH PINK CHAMPAGNE

3 pints lemon sherbet
4 large grapefruits
6 large navel oranges
2 pkg (8-oz size) pitted dates
1 1/2 lb green grapes, washed and stems removed, halved
2 pint boxes strawberries or 2 pkg (16-oz size) frozen whole strawberries
1 bottle (1 pt, 10 oz) pink champagne

1. Day ahead: Pack sherbet into a 1 1/2-quart mold; freeze until firm – at least 4 hours or overnight.
2. Peel and section grapefruits and oranges, catching any juices. In large bowl, combine grapefruit and orange sections with juice, dates and grapes. Refrigerate, covered.
3. Before serving: Wash strawberries; drain. Remove hulls; cut any large berries in half. (If using frozen strawberries, thaw and drain.) Also refrigerate champagne until ready to use.
4. To serve: Combine strawberries with fruit mixture; toss gently. Turn into chilled serving bowl. Unmold sherbet: Loosen edge with sharp knife; dip bottom quickly in hot water; invert into center of dish, on top of fruit.
5. Pour champagne over fruit.

MAKES 24 SERVINGS

FRESH ORANGE AMBROSIA

4 large navel oranges
6 tablespoons confectioners' sugar
1 cup grated fresh coconut; or 1 can (3 1/2 oz) flaked coconut
3 tablespoons orange juice

1. Peel oranges, being careful to remove all outer white membrane. Cut oranges crosswise into slices about 1/8 inch thick.
2. Layer a third of slices in a serving bowl. Sprinkle with 2 tablespoons sugar, then with 1/3 cup coconut and 1 tablespoon orange juice. Repeat twice.
3. Refrigerate 1 hour.

MAKES 6 SERVINGS

APRICOT-GLAZED POACHED PEARS

2 lb ripe Anjou pears (6 to 8)
4 cups sugar
2 cups water
1 teaspoon vanilla extract
1 jar (12 oz) apricot preserves

1. With vegetable peeler, pare pears, leaving them whole, with stems on.
2. In a 3 1/2-quart saucepan, combine sugar and 2 cups water. Heat, stirring, until sugar is dissolved. Bring to boiling; boil, uncovered, 10 minutes.
3. Add vanilla. Add pears; simmer, uncovered, over low heat 40 minutes, or just until pears are tender and slightly transparent. Remove pears with slotted spoon; drain on paper towels.
4. In small saucepan, heat preserves, stirring, until melted; boil 1 minute. Press through sieve. Brush over pears, coating well. Arrange pears in serving dish; refrigerate several hours.

MAKES 6 TO 8 SERVINGS

PEARS MELBA

3 ripe Anjou pears (about 1 1/2 lb)
2/3 cup sugar
2 tablespoons lemon juice
1 cup water
2 teaspoons cornstarch
1 tablespoon cold water
1 1/2 pints slightly soft vanilla ice cream

Sauce
1 pkg (10 oz) frozen raspberries, thawed and undrained

1. Halve pears, leaving stems intact. Remove cores; pare.
2. In 3 1/2-quart saucepan, combine sugar and lemon juice with 1 cup water. Bring to boiling; stir occasionally.
3. Add pears to syrup; simmer, covered, 15 minutes, or until tender.
4. Refrigerate pears in syrup, covered, to chill well.
5. **Make Sauce:** Force raspberries through coarse sieve, or blend in blender, to make a purée.
6. In saucepan, combine purée with 1/4 cup syrup from pears. Combine cornstarch with 1 tablespoon cold water. Stir into purée mixture.

7. Bring mixture to boiling, stirring; boil 2 minutes. Sauce will be thickened and translucent.
8. Remove from heat; let cool; refrigerate to chill well.
9. To serve: Top each pear with scoop of ice cream. Add sauce.
MAKES 6 SERVINGS

FRESH PEARS IN PORT

1 cup sugar
3 cups water
4 fresh pears, pared, halved and cored
1/2 cup white or tawny port

1. In 4-quart saucepan, combine sugar and 3 cups water; heat until sugar dissolves.
2. Add pears; cover; simmer gently until tender – about 30 minutes.
3. Carefully place pears, with about 1 cup syrup, in bowl. Add port; refrigerate, covered, overnight.
4. Serve pears with syrup.
MAKES 8 SERVINGS

PEARS VÉFOUR

8 medium-size form Bartlett or Anjou pears (about 3 lb)
1/4 cup lemon juice
1 1/2 cups sugar
1 (1-inch) piece vanilla bean, or 1/4 teaspoon vanilla extract
3 cups water
English Custard Sauce, page 63
2 tablespoons Grand Marnier

Pear Filling
1 cup crushed almond macaroons (4 1/2-oz pkg)
1/4 cup Grand Marnier

1 cup heavy cream
Candied violets
Fresh mint leaves

1. Wash pears. Core each from blossom end, leaving pear whole. Remove stem ends; pare. Brush with lemon juice.
2. In a large skillet, combine sugar with vanilla bean and 3 cups water; bring to boiling over medium heat, stirring until sugar is dissolved. Add pears. Reduce heat; simmer, covered, until pears are tender but not soft – about 15 minutes. Remove vanilla bean, if it is used.
3. Turn pears and syrup into large bowl. Refrigerate, covered, until chilled – about 3 hours.
4. Meanwhile, make English Custard Sauce.
5. Turn sauce into medium bowl; stir in 2 tablespoons Grand Marnier. Put sheet of waxed paper directly on surface of sauce in bowl. Refrigerate until well chilled and ready to use – at least 3 hours.
6. **Make Pear Filling:** Combine the crushed macaroons with 2 tablespoons Grand Marnier; mix well.
7. Carefully remove pears from syrup. Fill center of each with a slightly rounded tablespoonful of pear filling; brush pears with 2 tablespoons Grand Marnier. Refrigerate.
8. About 1 hour before serving, beat cream until stiff. Stir 1/2 cup whipped cream into chilled English Custard Sauce.
9. To serve, spoon custard into a large, chilled shallow serving bowl. Arrange seven pears around edge of bowl and one in the center. Garnish pears with remaining whipped cream, using pastry bag with decorating tip, if desired. Refrigerate until serving time; then garnish with candied violets and mint.
MAKES 8 SERVINGS

POACHED FRESH PEACHES

1/4 cup apricot preserves
1 teaspoon grated orange peel
3 tablespoons sugar
1/2 cup water
4 ripe, fresh peaches (about 1 1/2 lb), peeled, halved and pitted
1/4 cup sherry

1. In medium saucepan, combine preserves, orange peel and sugar with 1/2 cup water.
2. Cook, stirring, over low heat until mixture is syrupy and falls in heavy drops from side of spoon – about 5 minutes.
3. Add peach halves to syrup. Simmer, uncovered, about 10 minutes, or until peaches are tender.
4. Add 1/4 cup sherry. Refrigerate, covered, several hours, or until well chilled.
5. Serve peaches with syrup spooned over them.
MAKES 4 SERVINGS

POACHED FRESH PLUMS

1 lb fresh Italian plums
1/2 cup sugar
1 1/2 cups water
2 thin slices lemon

1. Wash plums. Cut in half; remove pits.
2. In a medium saucepan, combine sugar and 1 1/2 cups water. Bring to boiling; boil 5 to 6 minutes.
3. Add plums and lemon; return to boiling. Reduce heat and simmer about 4 minutes.
4. Cool; refrigerate, covered, until well chilled.
MAKES 4 TO 6 SERVINGS

FRESH PINEAPPLE MELBA

1 small ripe pineapple
1/4 cup confectioners' sugar
Raspberry Sauce, page 64
1 pint lemon or pineapple ice or sherbet
Fresh mint leaves

1. With a long-bladed sharp knife, cut pineapple into quarters, right through frond.
2. Remove pineapple from shells. Refrigerate shells.
3. Remove and discard core from pineapple. Cut pineapple into small chunks. Place chunks in medium bowl; stir in confectioners' sugar. Refrigerate until well chilled – at least 3 hours.
4. Meanwhile, make Raspberry Sauce.
5. To serve: Fill shells with chilled pineapple. Top with small scoops lemon ice (these may be prepared ahead and stored in freezer until ready to use). Spoon Raspberry Sauce over ice in each shell. Garnish with mint leaves.

MAKES 4 SERVINGS

FRESH-PINEAPPLE FLAMBÉ

1 large pineapple (about 4 lb)
2 tablespoons butter or margarine
1/2 cup light-brown sugar, packed
1/2 cup dark rum
1 sugar cube
Lemon extract

1. Preheat oven to 350F.
2. Slice top from pineapple about 1 1/2 inches below frond. Set top aside.
3. With grapefruit knife or other sharp knife, remove meat from pineapple shell, leaving shell intact. Discard core of pineapple; cut meat into 1/2-inch chunks.
4. Place pineapple shell in shallow pan; heat in oven about 10 minutes.
5. In medium skillet, melt butter; add brown sugar and rum; stir to combine. Add pineapple chunks; over low heat, stir until heated through – about 10 minutes.
6. To serve: Place warm pineapple shell on serving platter. Spoon in pineapple chunks and sauce, mounding high. Place top of pineapple on serving dish next to pineapple.
7. Soak sugar cube in lemon extract; place on top of pineapple chunks. Ignite with match. Serve flaming. (This dessert is nice served over ice cream, too.)

MAKES 6 TO 8 SERVINGS

STRAWBERRIES ROMANOFF

2 pint boxes fresh strawberries
1 cup confectioners' sugar
1 cup heavy cream
1 teaspoon almond extract
2 tablespoons Cointreau or orange juice

1. Gently wash strawberries in cold water. Drain; hull.
2. In medium bowl, sprinkle sugar over berries; toss gently.
3. Refrigerate at least 1 hour, stirring occasionally.
4. In chilled bowl, with rotary beater, whip cream until stiff. Add almond extract and Cointreau.
5. Fold into strawberries. Serve at once.

MAKES 8 SERVINGS

STRAWBERRIES AU NATUREL

2 pint boxes fresh strawberries
2/3 cup plus 6 tablespoons sour cream
1/3 cup plus 2 tablespoons light-brown sugar, firmly packed

1. Gently wash strawberries in cold water; drain well.
2. Hull berries; slice into large bowl.
3. Add 2/3 cup sour cream and 1/3 cup sugar; mix gently.
4. Divide into 6 dessert dishes.
5. Top each with 1 tablespoon sour cream and 1 teaspoon sugar.
6. Refrigerate 1 hour before serving.

MAKES 6 SERVINGS

STRAWBERRIES WITH RASPBERRY SAUCE

2 pint boxes fresh strawberries
1 pkg (10 oz) frozen raspberries, partially thawed
1 cup heavy cream, whipped

1. Gently wash strawberries in cold water. Drain; hull.
2. Mound in shallow serving dish; refrigerate.
3. Make raspberry sauce: Press raspberries through sieve, or blend in electric blender, covered, about 1 minute.
4. Spoon sauce over strawberries. Refrigerate 1 hour. Serve topped with whipped cream. Sprinkle with almonds, if desired.

MAKES 6 SERVINGS

Strawberries with Raspberry Sauce ▶

STRAWBERRIES À LA BLUE FOX

30 fresh jumbo strawberries
2 tablespoons sherry, port or marsala
Confectioners' sugar
1 cup heavy cream

Sherry Cream
2 egg yolks
2 tablespoons granulated sugar

1. Wash strawberries in cold water; drain well; hull. From point, slit each berry into quarters, but don't cut through bottom. Refrigerate.
2. **Make Sherry Cream:** In top of double boiler, with portable electric mixer at medium speed, beat egg yolks with granulated sugar and sherry until well combined.
3. Place over boiling water; beat at medium speed until mixture is thick and forms soft peaks when beater is slowly raised – about 5 minutes. Remove from heat.
4. Immediately set top of double boiler in bowl of ice; continue beating until mixture is cool – about 2 minutes. Let stand in ice in refrigerator 30 minutes.
5. Meanwhile, in medium bowl, combine ¼ cup confectioners' sugar and the cream. Refrigerate, along with electric-beater blades, 30 minutes.
6. Add chilled cooked mixture to chilled cream mixture; beat until stiff.
7. Fill each strawberry with cream mixture – using pastry bag with decorating tip, if desired – bringing mixture to a peak at top. Refrigerate.
8. To serve: Sprinkle filled berries lightly with confectioners' sugar. Arrange, standing up, on mound of crushed ice, if desired.

MAKES 8 TO 10 SERVINGS

FRESH STRAWBERRIES WITH STRAWBERRY SAUCE IN COOKIE SHELLS

1 quart fresh strawberries

Cookie Shells, top right

Strawberry Sauce
2 pkg (10-oz size) frozen strawberries, partially thawed

1. Wash berries; drain. Remove hulls. Refrigerate until serving.
2. **Make Strawberry Sauce:** Press frozen strawberries through sieve, or blend in electric blender, covered, about 1 minute. Refrigerate until serving.
3. At serving time, place strawberries in Cookie Shells, dividing evenly. Pour strawberry sauce over berries, dividing evenly. Serve at once.

MAKES 10 TO 12 SERVINGS

COOKIE SHELLS

1 pkg (12 oz) sugar-cookie mix
1 teaspoon butter or margarine
1 egg

1. Preheat oven to 375F. Prepare cookie mix as package label directs, using butter and egg. Divide dough into 12 balls.
2. On ungreased cookie sheets, pat each ball to make a 4-inch circle, leaving spaces between cookies. Bake four at a time (no more) about 7 minutes, or until golden and center is firm. Do not underbake.
3. Meanwhile, grease bottom of four (6-ounce) custard cups.
4. Let cookies cool on cookie sheet 1 minute. Then with broad spatula, remove one at a time and mold over bottoms of custard cups, to form a shell.

Note: Cookie shells may be made several days ahead, unless weather is very humid, and stored at room temperature in a closed tin container to keep crisp.

WATERMELON BASKET

1 long (13-inch) ripe watermelon (about 10 lb), washed
1 pint strawberries, washed and hulled
2 cups pineapple chunks (1 small [2 lb] pineapple)
3 cups honeydew-melon balls (1 melon)
1 cantaloupe, cut in half, peeled and cut into slices
1 lb green grapes, washed and separated into clusters
Kirsch (optional)

1. Make handle: On top of watermelon, insert wooden picks to outline a handle, 1½ inches wide.
2. On each side of the handle 6 inches from bottom of watermelon, insert wooden picks to form 2 scallops.
3. With sharp knife, cut around scallops and handle. Remove the two pieces from each side of the handle.
4. Cut watermelon meat from under handle. With melon-ball cutter, scoop out 3 cups watermelon balls from inside of watermelon; discard seeds.
5. With sharp knife, cut around inside of watermelon so shell is about ¾ inch thick.
6. Fill basket with fruit. Wrap with plastic wrap to hold fruit in place. Refrigerate until well chilled.
7. At serving time, remove wrap. Sprinkle with kirsch. Let guests serve themselves.

MAKES 10 SERVINGS

Frozen Desserts, Ice Creams and Sherbets

FROZEN VANILLA MOUSSE

1 piece (4-inch) vanilla bean, cut in quarters
1/2 cup light cream
1/2 cup milk
2 egg yolks
Dash salt
1/2 cup sugar
1 cup heavy crem

1. In top of double-boiler, combine vanilla bean with light cream and milk. Heat slowly, over direct heat, just until bubbles form around edge of pan.
2. In small bowl, with rotary beater, beat egg yolks with salt until light. Gradually add sugar, beating until very light and fluffy.
3. Pour in a little light-cream mixture, stirring well; then add to mixture in double-boiler top.
4. Cook, stirring, over hot, not boiling, water (water in double-boiler base should not touch pan above) until slightly thickened and custard forms a coating on metal spoon – takes 12 to 15 minutes. Discard vanilla bean.
5. Cool custard; then refrigerate until cold – about 1 hour.
6. In small bowl, beat heavy cream just until it holds its shape. Fold into chilled custard.
7. Pour into 1-quart ice-cube tray; freeze until almost firm – about 1 hour.
8. Turn into large bowl of electric mixer; beat, at high speed, until smooth. Return to ice-cube tray; freeze until firm – about 4 hours, or overnight. Nice with strawberry sauce.

MAKES 6 TO 8 SERVINGS

FROZEN MAPLE MOUSSE

1 1/4 cups maple or maple-flavored syrup
2 egg yolks
1/8 teaspoon salt
2 cups heavy cream
Whipped cream (optional)

1. In the top of a double boiler, over direct heat, heat the maple syrup just until it is bubbly around the edge of the pan.
2. In small bowl, with electric mixer or rotary beater, beat egg yolks with salt until light-colored. Gradually beat in all the syrup. Return mixture to top of double boiler.
3. Cook over simmering water, stirring constantly, until mixture is slightly thickened and forms a coating on a metal spoon – 10 to 15 minutes.
4. Set top of double boiler in ice water; beat mixture until thick and fluffy and well chilled – 5 minutes.
5. In large, chilled bowl, beat 2 cups heavy cream just until stiff. Fold in syrup mixture. Pour into two ice-cube trays.
6. Freeze until firm about 1 inch from edge. Turn into large bowl; beat with wire whisk until smooth. Turn into 6-cup mold, preferably one with a tube.
7. Freeze, covered with plastic wrap, until firm – 8 hours or overnight.
8. To serve: Unmold onto chilled serving plate. Garnish with whipped cream.

MAKES 8 SERVINGS

FROZEN PEACH MOUSSE

1 pkg (12 oz) frozen sliced peaches, thawed
2 teaspoons unflavored gelatine
1/4 cup sugar
Dash salt
1/4 teaspoon almond extract
1 1/2 cups heavy cream, whipped

1. Drain peaches, reserving liquid. Crush peaches with a fork.
2. Sprinkle gelatine and sugar over peach liquid in small bowl; let stand 5 minutes to soften.
3. Set in pan of water; heat, stirring to dissolve gelatine. Stir in peaches, salt, and extract. Refrigerate mixture until syrupy – about 20 minutes.
4. Gently fold whipped cream into mixture, combining well. Freeze in ice-cube tray until firm – 4 hours.

MAKES 6 SERVINGS

GOLDEN PARFAIT

¾ cup sugar
⅓ cup water
3 egg yolks
Dash salt
2 cups heavy cream
2 teaspoons vanilla extract

1. In medium saucepan, combine sugar with ⅓ cup water. Over low heat, cook, stirring, until sugar is dissolved.
2. Over medium heat, bring to boiling, stirring. Reduce heat, and boil gently, without stirring, to 230F on candy thermometer, or until a little spins a thread when dropped from spoon.
3. Meanwhile, in medium bowl, with portable electric mixer at medium speed, beat egg yolks and salt until light.
4. Gradually beat hot syrup, in a thin stream, into egg yolks. Continue beating until mixture begins to cool. Let cool completely.
5. Beat cream until stiff. Add vanilla.
6. With rubber spatula, gently fold whipped cream into egg-yolk mixture.
7. Spoon into 6 to 8 parfait glasses or a serving bowl. Cover with foil; freeze until firm.

MAKES 6 TO 8 SERVINGS

FROZEN PINEAPPLE-MARSHMALLOW PARFAITS

1 lb marshmallows, cut up
1 can (20 oz) crushed pineapple in juice, undrained
1 cup sherry or canned pineapple juice
2 cups heavy cream, whipped

1. In large bowl, combine marshmallows, undrained pineapple and sherry; let stand at room temperature, covered, 8 hours or overnight.
2. Just before freezing, fold whipped cream into marshmallow mixture, to combine well.
3. Turn into a 12-by-8-by-2-inch pan, spreading evenly. Freeze at least 3 hours.
4. To serve, spoon into individual parfait glasses or a large glass compote. If desired, top with rosettes of whipped cream, pineapple chunks and candied cherries.

MAKES 8 TO 10 SERVINGS

STRAWBERRY PARFAIT

1½ pint boxes fresh strawberries
12 large marshmallows
1 cup sugar
1 teaspoon lemon juice
2 cups heavy cream
1 tablespoon vanilla extract

1. Gently wash berries in cold water. Drain; hull. Measure 2 cups; refrigerate rest.
2. In medium saucepan, combine 2 cups berries, the marshmallows, ¾ cup sugar, and the lemon juice. Over low heat, simmer 10 minutes, stirring occasionally. Do not scorch.
3. Remove from heat. Press through a sieve; cool.
4. In large bowl, beat cream until stiff. Stir in vanilla. Blend in strawberry purée. Pour into 2 ice-cube trays.
5. Freeze until mushy; stir thoroughly. Freeze until mushy; stir again. Freeze until firm.
6. To serve: Slice reserved strawberries; toss with remaining sugar. Divide frozen strawberry cream into 6 parfait glasses. Top with sliced berries.

MAKES 6 SERVINGS

COFFEE PARFAIT

¾ cup sugar
⅓ cup water
4 egg yolks
2 cups heavy cream
2 teaspoons vanilla extract
2 tablespoons instant coffee
1 square unsweetened chocolate, grated
Whipped cream

1. Combine sugar and ⅓ cup water in small saucepan.
2. Cook, stirring, over low heat until sugar is dissolved.
3. Bring to boiling; boil, uncovered, without stirring, to 230F on a candy thermometer.
4. Meanwhile, with portable electric mixer at low speed, beat egg yolks until thick and light. Pour sugar syrup in thin stream over egg yolks, beating constantly; refrigerate 30 minutes.
5. In medium bowl, beat cream with vanilla and coffee just until stiff. Fold into egg-yolk mixture along with chocolate until well combined.
6. Spoon into 6 parfait glasses. Cover top of each glass with foil; freeze until firm.
7. To serve: Remove foil; garnish top of each parfait with whipped cream. If desired, sprinkle with candy coffee beans or grated chocolate.

MAKES 6 SERVINGS

COFFEE TORTONI

2 egg whites, at room temperature
2 tablespoons instant coffee
¼ teaspoon salt
¼ cup granulated sugar
2 cups heavy cream
½ cup confectioners' sugar
2 teaspoons vanilla extract
2 teaspoons almond extract
½ cup coarsely chopped toasted almonds

1. In medium bowl, with portable electric mixer, beat egg whites until foamy. Beat in coffee and salt; beat in granulated sugar, a little at a time. Beat until stiff peaks form when beater is slowly raised.

2. Also, beat cream in medium bowl (use clean beaters) with confectioners' sugar just until stiff.
3. With wire whisk or rubber spatula, gently fold whipped cream into egg whites, along with vanilla and almond extracts.
4. Use to fill ten paper tortoni cups; sprinkle top of each with chopped toasted almonds. Freeze until firm – overnight. Let stand 5 minutes at room temperature before serving. (If storing in freezer longer, freezer-wrap.)
MAKES 10 SERVINGS

FROZEN LEMON-CREAM HEART

Graham-Cracker Crust
1/4 cup butter or margarine
1 cup packaged graham-cracker crumbs
2 tablespoons sugar

Filling
2 1/4 cups heavy cream
6 eggs, separated
1 1/2 cups sugar
3/4 cup lemon juice
2 tablespoons grated lemon peel
Yellow food color

1. **Make Graham-Cracker Crust:** Melt butter in skillet; remove from heat. Stir in graham-cracker crumbs and 2 tablespoons sugar; mix well.
2. Line a 1 1/2-or 2-quart heart mold with plastic wrap, leaving an overhang. Press crumb mixture evenly into mold.
3. **Make Filling:** Whip cream; set aside.
4. In medium bowl, with portable electric mixer at high speed, beat egg whites until soft peaks form when beater is slowly raised. Gradually beat in sugar, 2 tablespoons at a time; continue to beat until stiff peaks form.
5. With same beater, at medium speed, beat egg yolks until thick and light. Beat in lemon juice and peel until well combined.
6. Fold egg-yolk mixture, whipped cream and 3 or 4 drops food color into egg whites. Turn mixture into prepared mold.
7. Freeze until firm – several hours or overnight.
8. To serve: Invert on serving plate. Remove plastic wrap.
MAKES 12 SERVINGS

WATERMELON POPSICLES

1. Cut melon into rounds 1 1/2 inches thick. Peel melon; cut into bars about 1 1/4 inches wide and 3 inches long. Insert sticks or plastic spoons (handle end) into each; place on a cookie sheet; freeze, covered with plastic wrap, until solid. When solid, they may be removed to a plastic bag or freezer container for storing.
2. To serve, let stand at room temperature 5 minutes or longer, to thaw slightly.

CANTALOUPE OR HONEYDEW POPSICLES

1. Cut melon into 12 wedges. Peel wedges; cut in half. Place a stick or plastic spoon (handle end) in wide end, and freeze as for watermelon, above.
2. To serve, let stand at room temperature 5 minutes or longer, to thaw slightly.
Note: You may serve these popsicles unfrozen, if desired. Be sure melon is ripe enough to have good flavor.

BASIC VANILLA ICE CREAM
(Crank-Freezer Type)

1 1/2 cups half-and-half or top milk
3/4 cup sugar
1/4 teaspoon salt
4 egg yolks
1 1/2 to 2 tablespoons vanilla extract
2 cups heavy cream

1. In top of double boiler, heat milk until film forms on surface. Do not boil. Stir in sugar and salt.
2. In medium bowl, beat egg yolks slightly. Gradually beat in small amounts of hot-milk mixture until most of it is used.
3. Return to top of double boiler; cook, over boiling water, stirring, until as smooth and thick as mayonnaise – takes about 15 to 20 minutes.
4. Cool custard thoroughly. Stir in vanilla to taste and the heavy cream. Cover, and refrigerate until thoroughly chilled.
5. To freeze: Pour custard into freezer container; insert dasher, and close container tightly. Pack freezer with ice and coarse salt in 8-to-1 proportion. Crank until dasher is difficult to turn. (If you use an electric freezer, follow manufacturer's instructions.)
6. Remove dasher (be careful that no salt water gets into ice cream). Replace top, and repack with ice and salt in 8-to-1 proportion. Mellow at least 2 hours.
MAKES 1 QUART; 6 SERVINGS

PEPPERMINT ICE CREAM: Crush coarsely about 1/2 pound peppermint-stripe candy (you'll need 1 1/4 cups crushed candy). Prepare Basic Vanilla Ice Cream. When ice cream is frozen to semihardness, remove dasher. With a long wooden spoon, stir in candy. Pack down ice cream; replace cover, and mellow as in basic recipe.

PEACH ICE CREAM: Reduce vanilla in basic recipe to 1 tablespoon and add 1/2 teaspoon almond extract. Prepare and freeze as directed. Peel and purée 2 large ripe peaches. Peel and coarsely chop 1 large peach. (You will need 2 cups of prepared peaches.) Remove dasher, and stir peaches into semihard ice cream. Pack down ice cream; replace cover, and mellow as in basic recipe.

BRANDIED-PEACH MELBA

1 pkg (10 oz) frozen raspberries
1/4 cup brandy
3 medium fresh ripe peaches
1 quart vanilla or peach ice cream

1. Thaw raspberries. Press with juice through sieve, or blend in blender to make a sauce. Add brandy, mixing well.
2. Wash peaches; peel. Cut in half; pit. Place peaches in bowl.
3. Pour raspberry sauce over peaches. Refrigerate, covered, several hours or overnight.
4. To serve: Remove peach halves to individual serving dishes. Place a scoop of vanilla or peach ice cream in center of each; spoon raspberry sauce over top.

MAKES 6 SERVINGS

FLOATING HEART CHERRIES JUBILEE

3 pints strawberry or vanilla ice cream
1/3 cup cherry, apricot or other fruit brandy
1/3 cup brandy or Curaçao

Cherries Jubilee
1 can (1 lb, 14 oz) pitted Bing cherries
1 tablespoon cornstarch

1. Line a 1 1/2-to 2-quart heart mold with plastic wrap. Let ice cream stand at room temperature 15 minutes, to soften slightly.
2. Pack ice cream firmly into mold. Freeze until serving. Then turn out into a serving dish with deep sides.
3. **Make Cherries Jubilee:** Drain cherries, reserving syrup.
4. In 10-inch skillet, combine syrup and cornstarch; stir until smooth. Add cherry brandy; bring to boiling, stirring; boil 2 minutes.
5. Stir in cherries; heat through.
6. Just before serving, heat brandy just until bubbles form around edge of pan and vapor begins to rise. Do not overheat. Ignite with match. Pour into cherry mixture.
7. Pour cherries jubilee around ice-cream mold.

MAKES 8 TO 10 SERVINGS

BUTTERSCOTCH-CORNFLAKE ICE-CREAM RING

1 cup light-brown sugar, packed
1 1/2 tablespoons light corn syrup
1/3 cup milk
3 tablespoons butter or margarine
4 cups cornflakes
1 quart strawberry ice cream
Chocolate sauce, page 62

1. In small saucepan, combine brown sugar, corn syrup, milk and butter. Cook, stirring, over medium heat until sugar is dissolved. Continue cooking, without stirring, until a little dropped in cold water forms a soft ball, or until temperature on candy thermometer registers 238F. Remove from heat.
2. Meanwhile, grease a large bowl well with butter. Add syrup mixture; then add cornflakes; toss together until cornflakes are completely coated with syrup.
3. Pack cornflake mixture into a buttered 8- or 9-inch ring mold. Let stand at room temperature until serving.
4. Form ice cream into balls. Freeze until serving.
5. To serve: Turn ring out on serving platter. Fill with ice-cream balls. (If desired, decorate with strawberries.) Serve with chocolate sauce.

MAKES 8 SERVINGS

COUPE ELIZABETH

1 can (1 lb, 1 oz) Bing cherries
1 tablespoon cornstarch
1/2 cup Cherry Heering
1 1/2 quarts vanilla ice cream
Whipped cream
Ground cinnamon

1. Drain cherries; measure 1 cup juice. In small bowl, dissolve cornstarch in 1/2 cup juice. Combine with rest of juice in medium saucepan.
2. Bring to boiling, stirring; reduce heat and simmer until thickened and translucent – about 5 minutes. Let stand until cool.
3. Meanwhile, in small bowl, combine cherries and Cherry Heering; let stand about 1 hour.
4. Add cherries and liquid to thickened juice; mix well.
5. Make scoops of ice cream; pour cherry sauce over ice cream in serving dishes. Top with ruffle of whipped cream (put cream through a pastry bag with a number-6 decorating tip). Sprinkle cream lightly with cinnamon. Serve at once.

MAKES 6 SERVINGS

PONTCHARTRAIN ICE-CREAM PIE

10-inch baked pie shell
1 quart strawberry or favorite flavor ice cream
1 quart chocolate or favorite flavor ice cream
5 egg whites
1/2 teaspoon vanilla extract
1/2 cup sugar
Chocolate Sauce, page 62

1. Prepare and bake pie shell; cool thoroughly.
2. Let ice cream soften slightly. Spoon in alternate

layers into baked pie shell. Wrap and freeze until very firm – several hours or ovenight.
3. To serve: In large bowl of electric mixer, let egg whites warm to room temperature – about 1 hour. At high speed, beat egg whites and vanilla just until soft peaks form when beater is slowly raised.
4. Add sugar, 2 tablespoons at a time, beating well after each addition. Continue beating until meringue is shiny and stiff peaks form.
5. Spread meringue over pie, covering ice cream and edge of crust completely. Make swirls on top.
6. Broil, 5 to 6 inches from heat, until meringue is lightly browned – about 3 minutes.
7. Serve at once. Pass Chocolate Sauce.
MAKES 8 SERVINGS
Note: If ice-cream pie is frozen very hard, take from freezer about 20 to 30 minutes before putting on meringue and baking.

ICE-CREAM DESSERTS

TAKE A PINT OF ICE CREAM AND...

To 1 pint slightly softened ice cream, fold in, or swirl through, one of the following:

1. ½ cup miniature marshmallows. Try them in chocolate or coffee ice cream.
2. ½ cup finely chopped dried apricots. Try them in vanilla or butter-pecan ice cream.
3. ½ cup finely chopped dried figs. Try them in vanilla, lemon-custard, or coffee ice cream.
4. ½ cup finely chopped semisweet- or milk-chocolate pieces. Try them in chocolate, vanilla, or coffee ice cream.
5. ½ cup finely chopped pitted dates. Try them in vanilla, orange, or walnut ice cream.
6. ½ cup finely chopped, drained maraschino cherries. Try them in vanilla, coconut, or chocolate ice cream.
7. ½ cup crushed peppermint candies. Try them in chocolate or fudge-ripple ice cream.
8. ½ cup canned or packaged flaked coconut. Try it in strawberry ice cream or in black-raspberry or pineapple sherbet.

In each case, return ice cream to pint container, or turn into ice-cube tray, and freeze until firm.

AN ICE-CREAM GARDEN

1. Let 1 pint ice cream soften slightly.
2. Line 5 (2½-inch) muffin-pan cups with packaged, colored paper liners. Fill to top with ice cream, and level off with a knife.
3. Scatter chocolate sprinkles over surface, to resemble earth; or use canned or packaged flaked coconut, tinted green, to resemble grass. Insert a wooden pick in center of each "flower-pot."
4. Place in freezer until serving time.
5. To serve: Remove picks, and insert stem of small artificial flower in each hole. (flower and stem should not be more than 3½ inches high.) Serve at once.
MAKES 5 SERVINGS

ICE-CREAM FANCIES

Stock your freezer with Ice-Cream Fancies in many colors and flavors, and you'll always be prepared for parties.

COCONUT RAINBOW

1. To ½ cup canned or packaged flaked coconut, add a few drops green, yellow, or red food coloring. Toss, with fork, until coconut is tinted.
2. Quickly roll 3 scoops ice cream in tinted coconut. Place on cookie sheet, and freeze until serving time.
MAKES 3 SERVINGS

CRUSHED PEPPERMINT

1. With rolling pin, crush enough peppermint candy between 2 sheets of waxed paper to make ½ cup.
2. Quickly roll 5 scoops of ice cream in crushed candy. Place on cookie sheet, and freeze until serving time.
MAKES 5 SERVINGS

CHERRY CHIP

1. Finely chop enough drained maraschino cherries to make ½ cup.
2. Quickly roll 5 scoops of ice cream in chopped cherries. Place on cookie sheet, and freeze until serving time.
MAKES 5 SERVINGS

NUTTY

1. Finely chop enough salted peanuts, cashews, or pecans to make ½ cup.
2. Quickly roll 3 scoops of ice cream in chopped nuts. Place on cookie sheet, and freeze until serving time.
MAKES 3 SERVINGS

CRUMBLY CONE

1. With rolling pin, crush 2 ice-cream cones between 2 sheets of waxed paper.
2. Quickly roll 3 scoops of ice cream in crumbs. Place on cookie sheet, and freeze until serving time.

MAKES 3 SERVINGS

How to serve sherbet? In bowls or glasses, in snifters or goblets – and festooned with slivers of the fruits themselves. Another cool possibility: Combine several flavors in scoops or layers. Lime is luscious with mango, watermelon's wonderful with strawberry-and-wine – and on and on.

FRESH-ORANGE SHERBET

2 tablespoons grated orange peel
7 large oranges
½ cup honey or light corn syrup
⅔ cup sweet orange marmalade
2 cups light cream
¼ cup Cointreau
Fresh mint sprigs

1. Grate peel from one orange. Cut tops from the other 6 oranges, cutting about one third of the way down. Squeeze juice from tops and bottoms of all oranges. Scrape any pulp from tops and bottoms of 6 oranges; reserve bottoms for serving, if desired. Juice should measure 2 cups.
2. In blender container, combine grated orange peel, orange juice, honey, marmalade, cream and Cointreau. Blend ½ minute at high speed. Pour into 13-by-9-by-2-inch baking pan; freeze until firm 1 inch from edge all around – about 3 hours.
3. Blend again in blender ½ minute – until soft but not melted. Turn back into baking pan, or mound in reserved orange-shell bottoms. Freeze until firm – several hours or overnight. (Flavor improves overnight.)
4. Serve balls in sherbet dishes or orange shells. Decorate each with a mint sprig.

MAKES 6 SERVINGS

CHAMPAGNE SORBET

1 cup sugar
2 cups champagne
½ cup lemon juice
¼ cup orange juice

Italian Meringue
½ cup sugar
¼ cup water
2 egg whites

1. Make sugar syrup: In small saucepan, combine 1 cup sugar with 2 cups water. Stir over low heat to dissolve sugar.
2. Bring to boiling; boil gently, uncovered and without stirring, 7 to 8 minutes, or until syrup registers 225F on candy thermometer or spins a 2-inch thread from tip of spoon.
3. In medium bowl, combine champagne, lemon juice and orange juice with sugar syrup; mix well. Turn into several ice-cube trays; place in freezer until frozen around edge – several hours.
4. **Make Italian Meringue:** In small saucepan, combine sugar with ¼ cup water. Stir over low heat to dissolve sugar. Bring to boiling; boil gently, uncovered, without stirring, until syrup registers 256F on candy thermometer.
5. Meanwhile, let egg whites warm to room temperature in medium bowl. Beat at high speed just until stiff peaks form when beater is slowly raised. Pour syrup in thin stream into egg whites, beating constantly. Beat until stiff and shiny.
6. Stir partially frozen champagne mixture; stir in meringue until well combined. Turn into several ice-cube trays. Freeze until firm. Stir frozen sorbet; turn into 6-cup mold or ice-cube trays. Freeze several hours or overnight.
7. To serve, turn out of mold, or spoon into sherbet dishes. Add a tablespoon of champagne to each serving.

MAKES 8 SERVINGS

LIME SHERBET

1 env unflavored gelatine
2 cups milk
1⅓ cups sugar
½ teaspoon salt
2 cups light cream
½ cup lime juice
¼ cup lemon juice
2 tablespoons grated lemon peel

1. In small, heavy saucepan, sprinkle gelatine over ½ cup milk to soften.
2. In medium bowl, combine remaining milk, sugar, salt and cream. Stir until sugar is dissolved. Stir in lime juice, lemon juice and lemon peel.
3. Heat gelatine mixture over low heat, stirring constantly until gelatine is dissolved. Remove from heat; slowly stir into mixture in bowl.
4. Turn into ice-cube tray; freeze until frozen 1 inch from edge.
5. Turn into chilled bowl; with an electric mixer or rotary beater, beat mixture quickly until smooth but not melted. Return to ice-cube tray.
6. Freeze several hours, or until firm.
7. To serve: Spoon into sherbet glasses; top with strawberries, if desired.

MAKES 6 SERVINGS

Counterclockwise from left: **Papaya Ice—Marzipan Sherbet; Fresh-Orange Sherbet; Watermelon Ice—Strawberry Sherbet—White-Wine Sherbet; Lime Sherbet—Mango Ice. Recipes on pages 32-35.**

A RAINBOW
OF REFRESHING
SHERBETS

STRAWBERRY SHERBET

1 env unflavored gelatine
4 cups milk
1⅓ cups sugar
½ teaspoon salt
1 cup fresh-strawberry purée (½ pint strawberries)—see Note
2 tablespoons lemon juice

1. In small, heavy saucepan, sprinkle gelatine over ½ cup milk; let stand 5 minutes to soften.
2. In medium bowl, combine remaining milk, the sugar, salt and strawberry purée. Stir until sugar is dissolved. Add lemon juice.
3. Heat gelatine mixture over low heat, stirring constantly until gelatine is dissolved. Remove from heat; slowly stir into mixture in bowl.
4. Turn into 9-by-9-by-1¾-inch square pan. Freeze until frozen 1 inch from edge.
5. Turn into chilled bowl; with electric mixer or rotary beater, beat mixture quickly until smooth but not melted. Return to pan.
6. Freeze several hours, or until firm.
7. To serve: Spoon into sherbet glasses. Return to freezer until ready to serve.

MAKES 8 SERVINGS

Note: To make strawberry purée: Wash and hull strawberries; turn into blender jar; blend for 1 minute.

Peach Sherbet

Follow directions for Strawberry Sherbet, using 1 package (10 ounces) frozen sliced peaches, puréed, instead of strawberry purée. Add 3 drops yellow food color and 1 drop red food color. Add ⅛ teaspoon almond extract.

Kiwi-Fruit Sherbet

Follow directions for Strawberry Sherbet, using 7 kiwi fruits, peeled, for 1 cup purée. Add few drops green food color.

CHOCOLATE SHERBET

¾ cup unsweetened cocoa
2 cups sugar
3½ cups milk
½ teaspoon vanilla extract

1. In large saucepan, combine cocoa and sugar; stir to mix well. Gradually stir in milk.
2. Cook over low heat, stirring until sugar is melted and mixture is smooth; cook over low heat 5 minutes longer.
3. Remove from heat; stir in vanilla.
4. Turn into two ice-cube trays or large pan. Freeze until firm about 1 inch from edge.
5. Turn into large bowl of electric mixer; beat just until smooth. Return to ice-cube trays or pan; freeze again until firm.

MAKES 1 PINT

RASPBERRY SHERBET

2 pkg (10-oz size) frozen raspberries
½ cup red-currant jelly
⅓ cup crème de cassis or kirsch

1. Thaw frozen raspberries as package label directs.
2. Combine raspberries with their juice, the jelly and crème de cassis in electric-blender container. Blend at medium speed ½ minute, to make a purée.
3. Turn into ice-cube trays; freeze until firm ½ inch from edge all around -- about 3 hours.
4. Blend again in blender until mushy, not melted. Turn into 6 tall serving glasses.
5. Keep sherbet in freezer until serving.

MAKES 6 SERVINGS

MARZIPAN SHERBET

1 env unflavored gelatine
4 cups milk
1 cup sugar
1 cup (8 oz) almond paste

1. In small, heavy saucepan, sprinkle gelatine over ½ cup milk to soften; let stand 5 minutes.
2. In large bowl of electric mixer, combine sugar and almond paste; at medium speed, beat to combine.
3. Heat gelatine mixture over low heat, stirring constantly until gelatine is dissolved. Remove from heat. Slowly add to almond-paste mixture, beating at medium speed just until smooth.
4. Stir in remaining milk. Turn into 9-by-9-by-1¾-inch square pan. Freeze until frozen 1 inch from edge.
5. Turn into chilled bowl; with electric mixer or rotary beater, beat mixture quickly until smooth but not melted. Return to pan.
6. Freeze several hours, until firm.
7. To serve: Spoon into sherbet glasses. Return to freezer until ready to serve. If desired, garnish with sliced unblanched almonds.

MAKES 8 SERVINGS

WHITE-WINE SHERBET

2 env unflavored gelatine
4 cups white wine
1 cup sugar
1 cup water
1½ teaspoons grated orange peel
1½ teaspoons grated lemon peel
½ cup orange juice
¼ cup lemon juice
3 egg whites

1. Day ahead: Sprinkle gelatine over ½ cup wine to soften; let stand 5 minutes.
2. In small saucepan, combine sugar with 1 cup water. Stir over low heat to dissolve sugar.

3. Bring to boiling; boil gently, uncovered and without stirring, 5 minutes. Remove from heat.
4. Add gelatine, stirring until disolved.
5. In large bowl, combine gelatine mixture, orange peel, lemon peel, orange juice, lemon juice and remaining wine; mix well.
6. Turn into a 13-by-9-by-2-inch pan; place in freezer until frozen around edge – 3 hours.
7. Then, in small bowl of electric mixer at high speed, beat eggs whites just until soft peaks form.
8. Turn wine mixture into large bowl of electric mixer; beat at medium speed until smooth.
9. With wire whisk or rubber scraper, fold egg whites into wine mixture just until combined.
10. Turn back into pan; freeze until firm – 3 hours or overnight.

MAKES 10 TO 12 SERVINGS

RASPBERRY-SHERBET MOLD

3 pkg (10-oz size) quick-thaw frozen raspberries
¾ cup currant jelly
½ cup crème de cassis
1 cup fresh pineapple wedges
½ lb seedless green grapes, washed

1. Thaw frozen raspberries as label directs.
2. Combine raspberries with their juice, the jelly and crème de cassis in electric blender. Blend at medium speed ½ minute, to make a purée.
3. Turn into ice-cube trays; freeze until firm ½ inch from edge all around – about 3 hours.
4. Blend again in blender until soft and mushy but not melted. Turn into a 5-cup ring mold (plain or decorative). Freeze until firm, preferably overnight.
5. To unmold: Invert mold on serving platter. Cover with dish cloth dipped in hot water. Shake mold to release sherbet. Fill center of the mold with the fresh pineapple and green grapes.

MAKES 8 SERVINGS

MANGO ICE

1 env unflavored gelatine
¼ cup lemon juice
1 cup sugar
2 ripe mangoes

1. Sprinkle gelatine over lemon juice, to soften.
2. In small saucepan, combine sugar with 1 cup water. Stir over low heat until sugar is dissolved; bring to boiling; boil gently, uncovered and without stirring, 5 minutes. Remove from heat.
3. Add gelatine; stir till dissolved.
4. Peel mangoes; remove pulp from seeds. Slice into pieces; turn into blender to purée.
5. Add gelatine mixture to mango purée; blend until smooth. Turn into 8-by-8-by-2-inch pan.
6. Freeze until frozen 1 inch from edge, or about 2 hours.
7. Turn into chilled bowl; with electric mixer or rotary beater, beat quickly until smooth but not melted.
8. Return to pan. Freeze several hours, or until firm.
9. To serve: Spoon into sherbet glasses. Return to freezer until ready to serve.

MAKES 6 TO 8 SERVINGS

PAPAYA ICE

Follow directions for Mango Ice, using 1 ripe papaya (1 pound). Omit lemon juice. Soften gelatine in ¼ cup water.

MAKES 6 TO 8 SERVINGS

HONEYDEW-MELON ICE

2 cups sugar
1½ cups water
1 large honeydew melon (4½ lb)
¼ cup orange juice
⅓ cup lemon juice
Fresh mint leaves for garnish (optional)

1. Day ahead: In medium saucepan, combine sugar with 1½ cups water. Stir over low heat to dissolve sugar.
2. Bring to boiling; boil gently, uncovered and without stirring, to 230F on candy thermometer, or until it spins a 2-inch thread from tip of spoon – about 45 minutes.
3. Meanwhile, cut melon in half. Discard seeds. Scoop out pulp. Blend pulp in blender, or press through food mill. (There should be 4½ to 5 cups purée.)
4. In large bowl, combine puréed melon with sugar syrup; mix well. Cool 5 minutes.
5. Stir in orange and lemon juices. Turn into a 13-by-9-by-2-inch pan; place in freezer until frozen around edge – 3 hours.
6. Turn into a chilled bowl; with electric mixer at high speed, beat until just mushy, not melted.
7. Return to pan; refreeze – several hours or overnight.
8. To serve: Spoon into sherbet glasses; store in freezer until ready to use. Let stand about 5 minutes before serving. Decorate with mint leaves.

MAKES 8 SERVINGS

WATERMELON ICE

4¼ lb watermelon (5 cups purée)

Follow directions for Honeydew-Melon Ice, using watermelon purée instead of honeydew purée.

MAKES 8 SERVINGS

Gelatine Desserts

ALMOND "JUNKET"

1 envelope unflavored gelatine
1 cup cold water
1½ cups boiling water
Sugar
½ cup milk
2 teaspoons almond extract

Garnish
½ cup currant jelly
2 slices canned pineapple, drained
Canned mandarin-orange sections, drained

1. In small bowl, sprinkle gelatine over ¼ cup cold water; let stand 5 minutes to soften.
2. In medium saucepan, combine boiling water with 3 tablespoons sugar; boil 2 minutes. Remove from heat; stir in milk.
3. Add softened gelatine and almond extract, stirring until gelatine is dissolved.
4. Pour into 13-by-9-by-2-inch pan, to make a layer about ¼ inch thick. Refrigerate until firm and well chilled – about 1 hour.
5. Make syrup: In small saucepan, combine ¼ cup sugar with ¼ cup water. Bring to boiling; reduce heat, and stir until sugar is dissolved. Add ½ cup water. Pour into glass serving bowl; refrigerate.
6. At serving time, cut junket into small cubes. Spoon cubes into syrup in serving bowl. Garnish with cubes of currant jelly, pineapple slices, and orange sections.

MAKES 6 TO 8 SERVINGS

ORANGE JELLY

1 tablespoon unflavored gelatine
½ cup cold water
½ cup sugar
¼ cup lemon juice
1¼ cups orange juice
Whipped cream

1. Sprinkle gelatine over ½ cup cold water in top of double boiler; let stand 5 minutes to soften. Stir over hot water to dissolve gelatine.
2. Add sugar; stir until dissolved.
3. Remove from hot water; stir in lemon juice and orange juice to mix well.
4. Pour into 4 or 5 sherbet dishes or custard cups. Refrigerate until firm, about 4 hours.
5. Serve right in sherbet dishes, or unmold if using custard cups. To unmold: Run a knife around edge of mold. Invert on serving plates. Place a hot, damp dishcloth over bottom; shake to release. Repeat if necessary. Serve with whipped cream.

MAKES 4 OR 5 SERVINGS

COFFEE JELLY

1 tablespoon unflavored gelatine
½ cup sugar
1½ cups strong coffee
Whipped cream

Make as directed in Orange Jelly, above, substituting strong coffee for lemon and orange juices.

MAKES 4 OR 5 SERVINGS

SHERRY JELLY

2 envelopes unflavored gelatine
1 cup granulated sugar
1½ cups boiling water
½ cup orange juice
¼ cup lemon juice
1 cup sherry
1 cup heavy cream, whipped
2 tablespoons confectioners' sugar

1. Combine gelatine and granulated sugar in medium bowl, mixing well. Add boiling water, stirring until dissolved.
2. Add orange juice, lemon juice and sherry; mix well.
3. Pour into 8 (5-oz) molds or 1-quart mold. Refrigerate until firm – 6 hours or overnight.
4. To serve: Run sharp knife around edge of molds to loosen. Invert over serving plates; shake gently to release. If necessary, place a hot, damp dishcloth over molds and shake again to release. Top with whipped cream combined with confectioners' sugar.

MAKES 8 SERVINGS

TROPICAL-FRUIT MOLD

3 env unflavored gelatine
½ cup water
1 can (1 lb) pear halves
2 cups unsweetened grapefruit juice
2 cups pineapple juice
1 cup grapefruit sections
1 cup honeydew-melon balls
1 cup cantaloupe balls
½ small ripe avocado, peeled and sliced
½ lb seedless green grapes

1. In medium saucepan, sprinkle gelatine over ½ cup water; let stand 5 minutes to soften.
2. Drain pears; reserve liquid (1 cup).
3. Place gelatine over medium heat; stir until gelatine is dissolved; remove from heat.

4. Add reserved pear liquid and grapefruit and pineapple juices; mix well.
5. Set in bowl of ice water, stirring occasionally, until mixture is consistency of unbeaten egg white – 15 to 20 minutes.
6. Turn into 5-cup decorative mold.
7. Refrigerate until firm – 3 to 4 hours or overnight.
8. To unmold: Run a small spatula around edge of mold. Invert over serving platter; place a hot, damp dishcloth over inverted mold; shake gently to release.
9. Arrange grapefruit sections, melon balls, avocado slices and grapes around mold.
MAKES 6 TO 8 SERVINGS

DOUBLE-RASPBERRY DELIGHT

1 cup boiling water
1 pkg (3 oz) raspberry-flavored gelatin
1 pkg (10 oz) frozen raspberries
½ cup canned pineapple juice*
1 medium-ripe banana, thinly sliced (¾ cup)

1. Pour boiling water over gelatin in large bowl, stirring until gelatin is dissolved.
2. Add raspberries and pineapple juice; stir until berries are thawed and gelatin is slightly thickened – about 5 minutes. Fold in banana.
3. Spoon into 6 sherbet glasses; refrigerate until firm – about 30 minutes. Serve topped with whipped cream, if desired.
MAKES 6 SERVINGS
*Do not use frozen pineapple juice. .

PINEAPPLE BAVARIAN CREAM

4 egg yolks
½ cup sugar
1 cup milk
1 can (8¼ oz) crushed pineapple
1 envelope unflavored gelatine
1 teaspoon vanilla extract
1 cup heavy cream
Sweetened whipped cream (optional)

1. In small bowl of electric mixer, at high speed, beat egg yolks with sugar until very thick. Meanwhile, heat milk just until bubbles form around edge of pan. Gradually stir milk into yolk mixture.
2. Turn custard into heavy saucepan; cook, stirring, over medium heat until custard thickens and coats a metal spoon.
3. Meanwhile, drain pineapple, reserving liquid; sprinkle gelatine over ¼ cup reserved pineapple juice; let stand 5 minutes to soften.
4. Remove custard from heat. Add softened gelatine and vanilla; stir to dissolve gelatine; pour into a large bowl to cool.
5. Set in a large bowl of ice water; stir occasionally until gelatine begins to thicken and is consistency of unbeaten egg whites.
6. Beat 1 cup cream until stiff; fold into gelatine mixture along with drained pineapple until combined.
7. Pour into a 6-cup fancy mold. Refrigerate until firm enough to unmold – several hours or overnight.
8. To unmold: Run a sharp knife around edge of mold to loosen. Invert over serving platter. Place a hot, damp dishcloth over the mold; shake to release. Repeat if necessary. Serve with whipped cream, if desired.
MAKES 6 TO 8 SERVINGS

BAVARIAN CREAM

1 envelope unflavored gelatine
1¼ cups milk
2 eggs, separated
Dash salt
6 tablespoons sugar
1 cup heavy cream
¼ teaspoon almond extract

1. Sprinkle gelatine over ¼ cup milk; let soften.
2. In top of double boiler, over direct heat, heat remaining milk until tiny bubbles appear around edge.
3. Beat egg yolks with salt and 2 tablespoons sugar.
4. Add softened gelatine to egg-yolk mixture. Then add hot milk, stirring rapidly as you pour.
5. Return egg-milk combination to top of double boiler; cook, over simmering water and stirring constantly, until mixture coats a metal spoon. Remove from heat at once; cover to prevent film from forming.
6. Refrigerate until mixture is thicker than unbeaten egg white, or until it mounds slightly when lifted with a spoon.
7. Beat egg whites until they form soft peaks when beater is raised. Gradually add remaining sugar; beat until stiff.
8. Whip cream. Fold meringue and whipped cream into yolk mixture, with extract.
9. Rinse 1½-quart mold with cold water; fill with Bavarian Cream, and refrigerate until firm.
10. To unmold: Run small spatula around edge of mold, to loosen. Invert over platter; shake gently to release. Serve with fruit, such as strawberries, peaches, or melon balls.
MAKES 8 SERVINGS

NESSELRODE BAVAROIS

6 candied cherries, chopped
1/4 cup raisins
1 teaspoon chopped candied orange peel
1/4 cup brandy
1 env unflavored gelatine
1 1/2 cups milk
4 egg yolks, slightly beaten
1/2 cup sugar
1 teaspoon vanilla extract
1 cup heavy cream
1 cup canned sweetened chestnut purée

1. In a small bowl, combine cherries, raisins and peel; mix well; toss with brandy. Set aside.
2. Sprinkle gelatine over milk in top of double boiler. Let stand 5 minutes to soften. Beat in yolks and sugar.
3. Place over direct heat, stirring, just until warm; then cook over boiling water, stirring, until mixture coats a metal spoon. Stir in vanilla. Refrigerate, with waxed paper placed directly on surface, until cold.
4. With portable electric mixer, beat cream until stiff. Beat chestnut purée with gelatine mixture to combine well. Fold in whipped cream and fruit-and-brandy mixture until evenly combined. Turn into a lightly buttered 6-cup mold. Refrigerate until firm – several hours or overnight.
5. To unmold: Loosen edge with sharp knife. Invert mold on serving platter. Shake to release. (You may need to put a hot dishcloth over mold to loosen.) Garnish, if desired, with candied cherries and marrons glacés. Serve with Apricot Sauce (page 61), if desired, or whipped cream.

MAKES 6 TO 8 SERVINGS

SPANISH CREAM

1 envelope unflavored gelatine
1 2/3 cups milk
2 egg yolks
1/4 cup granulated sugar
Dash salt
1 teaspoon vanilla extract
2 eggs whites

1. Sprinkle gelatine over 1/3 cup milk in small bowl; let stand 5 minutes to soften.
2. Heat 1 1/3 cups milk in top of double boiler over medium heat just until bubbles form around edge.
3. Meanwhile, with rotary beater, beat egg yolks slightly; beat in sugar and salt until thick.
4. Stir in hot milk; return mixture to top of double boiler; cook, stirring, over hot water until mixture forms a coating on metal spoon. Add softened gelatine; stir until dissolved.
5. Add vanilla. Set top of double boiler in pan of ice water; stir occasionally until mixture is consistency of unbeaten egg whites.
6. Beat egg whites just until stiff peaks form. Beat custard until foamy; fold into egg whites to combine well.
7. Pour into 5 custard cups. Refrigerate until firm – several hours
8. To serve, unmold, if desired. Serve plain or with strawberries or chocolate sauce or whipped cream.

MAKES 5 SERVINGS

STRAWBERRY CHARLOTTE RUSSE

2 pint boxes fresh strawberries
1 tablespoon lemon juice
3/4 cup sugar
2 env unflavored gelatine
16 ladyfingers, split
3 cups heavy cream
7 large whole fresh strawberries
3 tablespoons currant jelly, melted

1. Wash strawberies gently in cold water; drain well. Line a 9-by-5-by-2 3/4-inch loaf pan with plastic wrap, or lightly grease an 8-inch springform pan.
2. In medium bowl, crush berries with potato masher (or use food processor). Press through sieve to make a purée – purée should measure 2 cups.
3. In medium bowl, combine strawberry purée, lemon juice and sugar; stir to dissolve sugar.
4. Sprinkle gelatine over 1/2 cup cold water in small saucepan. Let stand 5 minutes to soften. Place over medium heat; stir constantly until gelatine is dissolved.
5. Blend gelatine into strawberry mixture.
6. Place in bowl of ice cubes, stirring occasionally, until consistency of unbeaten egg white – about 15 minutes.
7. Press uncut sides of 8 split ladyfingers against each long side (not ends) and on bottom of prepared loaf pan. For springform pan, press 8 split ladyfingers against inside of prepared pan, 1/4 inch apart.
8. In large bowl, with rotary beater, beat 2 cups cream until stiff. Carefully fold gelatine mixture into cream.
9. Turn into prepared pan. For loaf pan, arrange remaining 8 ladyfingers, uncut sides up, on top. Refrigerate until firm – 4 hours or overnight.
10. To serve loaf: Run spatula around edge of mold. Invert on serving platter. Carefully remove pan and plastic wrap; to serve round Charlotte, remove side of springform pan. Place on serving platter.
11. To decorate: Whip 1 cup cream until stiff. Turn into a pastry bag with number-5 tip. Pipe ruching of whipped cream over top and around sides if desired. Dip whole strawberries in melted currant jelly. Arrange on top.

MAKES 8 TO 10 SERVINGS

Strawberry Charlotte Russe ▶

CHARLOTTE RUSSE

1 env unflavored gelatine
6 tablespoons sugar
2 eggs, separated
¾ cup milk
About ½ cup dry sherry
About 12 ladyfingers, split
1½ cups heavy cream
Toasted whole almonds (see Note)
½ cup heavy cream, whipped

1. In top of double boiler, combine gelatine and sugar; mix well.
2. Beat egg yolks slightly; beat in milk. Stir into gelatine mixture. Cook over simmering water, stirring constantly, until mixture coats a metal spoon. Remove from heat; stir in ⅓ cup sherry.
3. Pour into bowl; set bowl in a larger bowl, filled with ice.
4. Stir occasionally until custard begins to mound slightly – 20 to 30 minutes.
5. Meanwhile, sprinkle cut sides of ladyfingers lightly with sherry – about 4 tablespoons in all.
6. Rinse a 7- or 8-cup charlotte mold or straight-side mold with cold water; drain well. Line side of mold with 18 split ladyfingers, split side inside.
7. Beat egg whites until stiff but not dry. Beat 1½ cups cream stiff. With rubber spatula, fold egg whites, then whipped cream, into chilled gelatine mixture, to combine thoroughly.
8. Pour half into prepared mold. Layer with remaining split ladyfingers. Cover with rest of gelatine mixture, filling mold.
9. Refrigerate until firm – about 4 hours.
10. To unmold: With small spatula, loosen around edge of mold. Invert mold over serving plate; hold a hot, damp dish cloth over mold; shake to release.
11. Garnish with toasted almonds and mounds of whipped cream, or decorate, using a pastry bag and a number-5 decorating tip.

MAKES 10 SERVINGS

Note: To toast almonds, preheat oven to 350F. Spread almonds in single layer on cookie sheet, bake until golden – about 7 minutes.

LEMON SNOW PUDDING

1 env unflavored gelatine
¾ cup sugar
⅛ teaspoon salt
1¼ cups boiling water
⅓ cup fresh lemon juice
2 egg whites
Custard Sauce, page 62

1. In large bowl of electric mixer, combine gelatine with sugar and salt; mix thoroughly.
2. Add boiling water; stir to dissolve gelatine and sugar. Stir in lemon juice; mix thoroughly.
3. Refrigerate until mixture is consistency of unbeaten egg white – 45 minutes longer.
4. Add egg whites; beat at high speed until mixture forms stiff peaks when beater is raised – takes about 20 minutes.
5. Turn into a 2-quart mold. Refrigerate until chilled and firm enough to unmold – overnight.
6. To serve: Loosen edge of mold with sharp knife. Invert on serving platter; shake gently to release. If necessary, place a hot, damp dishcloth on bottom of mold; shake again to release.
7. Serve with Custard Sauce.

MAKES 8 SERVINGS

STRAWBERRY SNOW

3 egg whites (⅓ cup)
1 pkg (10 oz) frozen strawberries, thawed
1 env unflavored gelatine
½ cup sugar
1 tablespoon lemon juice
⅛ teaspoon salt
Red food color (optional)
¼ cup water
Custard Sauce, page 62

1. In medium bowl, let egg whites stand at room temperature 1 hour.
2. Meanwhile, drain strawberries, reserving syrup. Sprinkle gelatine over syrup in small saucepan, to soften. Place over low heat, stirring until gelatine is dissolved.
3. Turn strawberries, ¼ cup sugar, the lemon juice, salt, few drops food color, ¼ cup water and the gelatine into blender container. Cover; blend at low speed 1 minute.
4. Turn into large bowl. Set in pan of ice and water. Let stand, stirring occasionally, just until beginning to set – about 20 minutes.
5. With electric mixer at high speed, beat egg whites until soft peaks form when beater is slowly raised. Gradually beat in remaining sugar. Continue beating until stiff peaks form.
6. With same beater, at high speed, beat gelatine mixture until well blended. Turn into 1-quart mold.
7. Refrigerate until firm – at least 3 hours.
8. To serve: Run a small spatula around edge of mold. Invert over serving platter; place a hot, damp dishcloth on bottom of mold; shake gently to release. Serve with Custard Sauce.

MAKES 6 SERVINGS

KAHLUA MOCHA MOUSSE

- 1/2 cup Kahlua
- 1/2 cup dark crème de cacao
- 3/4 cup strong, brewed coffee
- Instant decaffeinated-coffee granules
- 1 cup confectioners' sugar
- 1/4 teaspoon almond extract
- 1 env unflavored gelatine
- 7 egg yolks, beaten
- 7 egg whites, beaten until stiff
- 1 1/2 cups heavy cream, whipped stiff
- 1/2 cup heavy cream
- 2 tablespoons confectioners' sugar

1. Fold waxed paper, 26 inches long, in thirds. With string, tie around 1-quart soufflé dish, to form collar 2 inches high.
2. In top of double boiler, combine Kahlua, crème de cacao, brewed coffee, 3/4 teaspoon coffee granules, the confectioners' sugar, almond extract, gelatine and egg yolks; mix well.
3. Cook over boiling water (water should not touch bottom of double boiler), stirring occasionally, until mixture thickens – 10 to 15 minutes.
4. Remove from heat. Set top of double boiler in a bowl of ice cubes.
5. Let stand, stirring occasionally, until mixture thickens and mounds when dropped from spoon.
6. With wire whisk, using an under-and-over motion, fold egg whites and whipped cream into gelatine mixture.
7. Turn mixture into prepared soufflé dish, wineglasses or dessert dishes.
8. Refrigerate until firm – several hours or overnight.
9. Before serving: In chilled bowl, combine 1/2 cup heavy cream and 2 tablespoons confectioners' sugar; beat together until stiff.
10. Spoon into pastry bag with a number-6 star tip; Pipe decorative border around top. Sprinkle lightly with coffee granules. If desired, press finely chopped pecans around edge.

MAKES 8 TO 10 SERVINGS

MOLDED PINEAPPLE-RICE CREAM

- 1/3 cup long-grain white rice
- 2 1/2 cups milk
- 1/3 cup sugar
- 1/2 teaspoon salt
- 2 env unflavored gelatine
- 1 can (1 lb, 4 oz) crushed pineapple, undrained
- 1/3 cup flaked coconut
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 cup heavy cream, whipped
- 4 canned pineapple slices, halved
- 1/4 cup apricot preserves

1. In top of double boiler, combine rice, milk, sugar and salt. Cook over boiling water, covered and stirring occasionally until rice is tender – about 1 hour and 15 minutes.
2. In small bowl, sprinkle gelatine over crushed pineapple; let stand 5 minutes to soften. Turn into hot rice mixture, stirring to dissolve gelatine completely. Stir in coconut and vanilla and almond extracts. Refrigerate until cool – about 1 hour (or place in freezer to cool more quickly). Mixture should be firm enough to mound.
3. With rubber spatula, fold whipped cream into cooled gelatine mixture, mixing thoroughly.
4. Turn into a fancy 1 1/2-quart mold. Refrigerate until firm enough to unmold – at least 3 hours or overnight.
5. To unmold, run a sharp knife around edge of mold to loosen. Invert on serving platter; shake to unmold. (If necessary, place a hot, damp cloth on bottom of mold to loosen.)
6. Around base of mold, arrange halves of pineapple slices. Over low heat, melt preserves; brush preserves over entire surface of mold. If desired, decorate with rosettes of whipped cream. Refrigerate until serving.

MAKES 8 SERVINGS

Meringues

MERINGUE TORTE

6 egg whites
1/4 teaspoon salt
1/2 teaspoon cream of tartar
1 1/2 cups sugar
1 teaspoon vanilla extract
1/4 cup light rum
1 cup heavy cream, whipped
Sliced strawberries, fresh or frozen
Canned pineapple slices, drained

1. Day before serving or early in morning: In large bowl of electric mixer, let egg whites warm to room temperature – 1 hour. Lightly butter bottom, not sides, of 9-inch tube pan.
2. Preheat oven to 450F.
3. To egg whites, add salt and cream of tartar, and beat until frothy. At high speed, beat in sugar, 2 tablespoons at a time, beating well after each addition. Add vanilla, and beat until stiff peaks form when beater is slowly raised. Turn into tube pan, spreading evenly.
4. Place on middle rack of oven. Immediately turn off heat. Let stand in oven several hours or overnight.
5. Loosen edges with spatula. Turn out torte on serving plate. Sprinkle surface with rum. Refrigerate until well chilled – at least 4 hours.
6. To serve: Frost top and side with whipped cream. Decorate top with strawberries; garnish with pineapple.

MAKES 10 SERVINGS

PEACH SCHAUM TORTE

Meringue Layers
4 egg whites
1 teaspoon cream of tartar
1/4 teaspoon salt
1/2 teaspoon vanilla extract
1 cup granulated sugar

Peach Filling
2 1/2 lb fresh ripe peaches (about 8)
1/4 cup sifted confectioners' sugar
1 cup heavy cream, whipped

1. **Make Meringue Layers:** Let egg whites stand at room temperature 1 hour.
2. Preheat oven to 275F. Line large cookie sheet with heavy brown paper. Using 9-inch round cake pan as guide, draw two circles on paper. Grease paper well.
3. In large bowl of electric mixer, at high speed, beat egg whites with cream of tartar, salt, and vanilla just until soft peaks form when beater is raised.
4. Gradually beat in sugar, 3 tablespoons at a time, beating well after each addition. Continue beating until egg whites are shiny and form stiff peaks when beater is slowly raised.
5. Spread half the meringue evenly over each circle on brown paper. Bake 1 hour, or until cream-colored and crisp. Turn off oven. Let meringues, covered with paper to prevent overbrowning, cool in oven at least 2 hours. Cool completely, on wire rack.
6. Just before serving, make Peach Filling: Wash peaches; peel. Halve; remove pits. Slice peaches; reserve 1/2 cup.
7. Assemble torte: Place one meringue layer on serving plate. Arrange peaches on layer; sprinkle with 2 tablespoons confectioners' sugar. Top with other layer.
8. With potato masher, crush reserved peaches. Add remaining confectioners' sugar, mixing well.
9. Using rubber spatula, gently fold crushed peaches into whipped cream. Spread over top of torte.
10. Serve at once.

MAKES 12 SERVINGS

MERINGUE SHELL À LA MODE

3 egg whites
1/4 teaspoon cream of tartar
1/4 teaspoon salt
3/4 cup sugar
1 pint vanilla or strawberry ice cream
1 cup strawberries, washed and hulled
1 cup fresh blueberries, washed
2 cups fresh pineapple, cut into wedges

1. Lightly butter bottom and side of a 10-inch pie plate.
2. In large bowl of electric mixer, let egg whites warm to room temperature – 1 hour.
3. At high speed, beat egg whites with cream of tartar and salt just until very soft peaks form when beater is slowly raised.
4. Gradually beat in sugar, 2 tablespoons at a time, beating well after each addition. Continue beating until very stiff peaks form. Meringue should be shiny and moist.
5. Preheat oven to 275F. Spread three fourths of meringue on bottom and side of prepared pie plate.

With rest of meringue in pastry bag, using a number-5 decorating tip, pipe a 1-inch-wide border around rim.
6. Bake 50 minutes. Let cool in pan on wire rack.
7. To serve: Fill shell with ice cream; mound strawberries in center. Arrange blueberries and pineapple around strawberries.
MAKES 8 TO 10 SERVINGS

CHOCOLATE MERINGUE TORTE

Meringue Layers
8 egg whites (1 cup)
1 teaspoon cream of tartar
1/4 teaspoon salt
1 1/2 cups sugar

1 1/2 quarts chocolate ice cream

Glaze
1 cup semisweet-chocolate or chocolate-flavor pieces
1 tablespoon butter or margarine
2 tablespoons light corn syrup
2 tablespoons milk
20 whole hazelnuts or unblanched almonds
1/4 cup finely chopped hazelnuts or unblanched almonds

1. **Make Meringue Layers:** In large bowl of electric mixer, let egg whites warm to room temperature – 1 hour. Preheat oven to 250F.
2. Line two large cookie sheets with brown paper. Using 8-inch round cake pan as guide, draw four circles on paper. Grease paper well.
3. At high speed, beat egg whites with cream of tartar and salt just until soft peaks form when beater is slowly raised.
4. Gradually beat in sugar, 2 tablespoons at a time, beating well after each addition. Continue beating until egg whites are shiny and form stiff peaks when beater is slowly raised – about 5 minutes.
5. Spread one fourth of meringue evenly over each circle on brown paper. Bake 1 hour, or until crisp. Turn off oven; cool in oven 2 hours or overnight.
6. Several hours before serving, remove ice cream from freezer to soften slightly – 10 minutes.
7. To assemble torte: Place one meringue layer on serving plate. Spread with one pint softened ice cream. Repeat with remaining meringue layers and ice cream, ending with meringue. Freeze about 2 hours.
8. Make glaze: In top of double boiler, over hot, not boiling, water, melt chocolate pieces and butter. Remove from heat. Stir in corn syrup and milk, mixing until smooth. Dip the whole nuts into glaze with fork; let glaze harden – about 10 minutes.
9. Pour remaining glaze over top layer of torte, letting the glaze drip down side. Sprinkle chopped nuts over top. Arrange chocolate-coated nuts around the edge of top. Return to freezer until serving time – 30 minutes.
MAKES 12 SERVINGS
Note: If desired, brush each meringue layer with 1 tablespoon golden rum before spreading with ice cream. May be made several days ahead and stored, well wrapped, in freezer.

FLOATING ISLAND

Soft Custard, below
3 egg whites
1/4 cup confectioners' sugar

1. Make Soft Custard as directed. Pour cooled custard into individual serving dishes. Refrigerate to chill well.
2. Meanwhile, let egg whites warm to room temperature in small bowl of electric mixer.
3. Preheat oven to 350F.
4. Beat egg whites at high speed just until soft peaks form when beater is slowly raised. Add 1 tablespoon sugar; beat until incorporated; add second tablespoon of sugar; beat; add rest of sugar; continue beating until stiff peaks form when beater is slowly raised.
5. Drop heaping tablespoons of meringue on a layer of hot water in a shallow baking pan. Bake until golden brown – about 8 minutes. With a slotted spatula, remove meringues from water; drain on paper towels. Pile several on each custard. Refrigerate until serving.
MAKES 4 SERVINGS

SOFT CUSTARD

1 1/2 cups milk
3 egg yolks
1/4 cup sugar
1/2 teaspoon vanilla extract

1. In top of double boiler over direct heat, heat milk until tiny bubbles appear around edge of pot.
2. Beat yolks and sugar to mix well.
3. Very slowly pour hot milk into egg mixture, beating constantly.
4. Return mixture to double-boiler top; place over hot, not boiling, water. Water in lower part of double boiler should not touch upper part.
5. Cook, stirring constantly, until thin coating forms on metal spoon – 8 to 10 minutes.
6. Pour custard immediately into bowl; place sheet of waxed paper directly on surface.
7. Set bowl in cold water, to cool. Stir in vanilla. Refrigerate.
MAKES 1 1/2 CUPS

Cream Puffs, Eclairs and Pastry Desserts

CREAM PUFFS

Cream Puff Dough, below
Easy Custard Filling, page 45
Chocolate Glaze, page 47
Confectioners' sugar

1. Preheat oven to 400F. Make Cream Puff Dough.
2. Drop the dough by rounded tablespoonfuls, 2 inches apart, onto an ungreased cookie sheet.
3. Bake 35 to 40 minutes, or until puffed and golden-brown. Puffs should sound hollow when lightly tapped with fingertip.
4. Meanwhile, make Easy Custard Filling.
5. Carefully remove puffs to wire rack. Let cool completely, away from drafts.
6. Shortly before serving: Cut off tops of cream puffs with sharp knife. With fork, gently remove any soft dough from the inside.
7. Fill puffs with custard; replace tops. Frost tops with Chocolate Glaze, or sprinkle with confectioners' sugar. Serve soon after filling. (Filled puffs become soggy on standing.)

MAKES 6 LARGE PUFFS

CREAM PUFF DOUGH

1/2 cup water
1/4 cup butter or margarine
1/8 teaspoon salt
1/2 cup unsifted all-purpose flour
2 large eggs

1. In small saucepan, combine 1/2 cup water, the butter, and salt. Bring to boiling over medium heat.
2. Remove from heat. Immediately, with wooden spoon, beat in flour all at once.
3. Return to low heat, and continue beating until mixture forms a ball and leaves side of pan.
4. Remove from heat. Add eggs, one at a time, beating hard after each addition until smooth. Continue beating until the mixture is shiny and breaks in strands.

MAKES 6 LARGE PUFFS OR 8 MEDIUM-SIZE PUFFS

Note: To make double recipe of Cream Puff Dough: Make as above in medium saucepan, using 1 cup water, 1/2 cup butter or margarine, 1/4 teaspoon salt, 1 cup flour, and 4 eggs.

ÉCLAIRS

3/4 cup water
1/3 cup butter or margarine
1/8 teaspoon salt
3/4 cup sifted all-purpose flour
3 large eggs
Rich Custard Filling, page 45
Double recipe Chocolate Glaze, page 47

1. Preheat oven to 400F. In medium saucepan, bring water, 1/3 cup butter and the salt to boiling. Remove from heat. Quickly add flour all at once. With wooden spoon, beat constantly over low heat until mixture forms ball and leaves side of pan. Remove from heat.
2. Using portable electric mixer or wooden spoon, beat in eggs, one at a time, beating very well after each addition. Continue beating vigorously until dough is shiny and satiny and breaks away in strands. Dough will be stiff and hold its shape.
3. Drop dough by rounded tablespoons 3 inches apart on ungreased cookie sheet. With spatula, shape into 4-by-1 1/2-inch strips, rounding ends and slightly indenting sides. Bake 35 to 40 minutes, or until puffed and golden. Cool on rack. Meanwhile, make filing.
4. To fill: With sharp knife cut off tops of éclairs, crosswise. Remove some of soft dough inside. Fill each with 1/4 cup custard. Replace tops.
5. Make glaze. Spoon over éclairs, place on rack on tray. Serve at once or refrigerate.

MAKES 8

MINIATURE CREAM PUFFS AND ÉCLAIRS

1. Preheat oven to 400F. Make Cream Puff Dough.
2. For cream puffs, drop dough by rounded teaspoonfuls, 2 inches apart, onto ungreased cookie sheet.
3. Bake until puffed and golden-brown – 20 to 25 minutes.

4. Let cool completely on wire rack, away from drafts.
5. For éclairs, put cream puff dough into small pastry bag with round decorating tip, ½ inch in diameter. On an ungreased cookie sheet, press mixture in 2½-inch strips, 2 inches apart, using less presssure for center.
6. Bake 20 to 25 minutes, or until golden-brown.
7. Let cool completely on wire rack, away from drafts.
8. Fill with ice cream or cream filling. Sprinkle tops with confectioners' sugar or glaze with chocolate glaze or serve with chocolate or strawberry sauce.
MAKES 35 CREAM PUFF SHELLS OR 35 ÉCLAIR SHELLS

EASY CUSTARD FILLING

1 pkg (3¼ oz) vanilla-pudding-and-pie-filling mix
1½ cups milk
½ cup heavy cream
2 tablespoons confectioners' sugar
½ teaspoon vanilla extract

1. Make pudding as package label directs, using 1½ cups milk.
2. Pour into medium bowl; place waxed paper directly on surface. Refrigerate until chilled – at least 1 hour.
3. In small bowl, combine heavy cream, sugar, and vanilla; with rotary beater, beat just until stiff. Then fold whipped-cream mixture into pudding until combined.
4. Refrigerate several hours, to chill well before using.
MAKES 2 CUPS: ENOUGH FILLING FOR 6 LARGE PUFFS OR 36 MINIATURE PUFFS

RICH CUSTARD FILLING

1½ cups milk
¼ cup sugar
1½ tablespoons cornstarch
2 egg yolks, slightly beaten
1 teaspoon vanilla extract
½ cup heavy cream, whipped

1. In small heavy saucepan, heat 1½ cups milk until bubbling around edge. Mix sugar and cornstarch; stir, all at once, into hot milk. Over medium heat, cook, stirring, until bubbling. Reduce heat; simmer 1 minute.
2. Beat a little of hot mixture into yolks. Return to saucepan; cook, stirring, over medium heat until thickened. Add vanilla. Turn into bowl; refrigerate – with waxed paper on surface – 1½ hours. Fold in cream.
MAKES 2 CUPS

COFFEE CHANTILLY FILLING

1 cup heavy cream
½ cup sifted confectioners' sugar
2 teaspoons instant coffee
1 teaspoon vanilla extract

1. In medium bowl, combine cream, sugar, coffee, and vanilla; mix well.
2. Refrigerate, covered, at least 1 hour – until very well chilled. Refrigerate rotary beater also.
3. Beat, with rotary beater, just until stiff.
4. Use to fill cream puffs. Serve puffs shortly after filling. If desired, dust tops with a little confectioners' sugar.
MAKES 2 CUPS; FILLING FOR 6 PUFFS OR ÉCLAIRS

STRAWBERRY CHANTILLY FILLING

1 cup heavy cream
½ cup sifted confectioners' sugar
1 pkg (10 oz) frozen sliced strawberris, thawed and drained

1. In medium bowl, combine cream, sugar, and strawberries.
2. Refrigerate, covered, at least 2 hours – until very welll chilled. Refrigerate rotary beater also.
3. Beat, with rotary beater, just until stiff.
4. Use to fill cream puffs. Serve puffs shortly after filling.
MAKES 2½ CUPS; FILLING FOR 6 PUFFS OR ÉCLAIRS

WHIPPED-CREAM FILLING

1 cup heavy cream
½ cup sifted confectioners' sugar
1 teaspoon vanilla extract
¼ teaspoon almond extract

1. In medium bowl, combine cream, sugar, and extracts.
2. Refrigerate, covered, at least 1 hour – until very well chilled. Refrigerate rotary beater also.
3. Beat mixture, with rotary beater, just until stiff.
4. Use to fill cream puffs. Serve puffs shortly after filling. If desired, dust tops of puffs with a little confectioners' sugar, or glaze with Chocolate Glaze, page 47.
MAKES 2 CUPS; FILLING FOR 6 PUFFS OR ÉCLAIRS

BOURBON CREAM FILLING: Make Whipped-Cream Filling, omitting extracts. Beat cream until just stiff; slowly beat in 2 tablespoons bourbon.

CHOCOLATE CREAM

1/4 cup sugar
1 tablespoon cornstarch
Dash salt
1 cup milk
1 pkg (6 oz) semisweet chocolate pieces (1 cup)
1 egg
1 tablespoon butter or margarine
1/2 teaspoon vanilla extract

1. In small saucepan, combine sugar, cornstarch, and salt. Gradually stir in milk; add chocolate.
2. Cook over medium heat, stirring constantly, until mixture boils; boil 1 minute. Remove from heat.
3. Lightly beat egg in small bowl. Gradually stir in a little hot mixture; then stir into rest of mixture in saucepan. Cook, stirring, until thick – about 2 minutes. Remove from heat; stir in butter and vanilla.
4. Cool to room temperature. Turn into bowl; refrigerate, covered.

MAKES 1 3/4 CUPS; FILLING FOR 6 PUFFS OR ECLAIRS

CHOCOLATE GLAZE

1/2 cup semisweet chocolate pieces
1 tablespoon butter or margarine
1 tablespoon light corn syrup
1 1/2 tablespoons milk

1. In top of double boiler, combine the chocolate pieces, butter, corn syrup, and milk.
2. Place over hot, not boiling, water, stirring occasionally, until mixture is smooth and well blended. Let cook slightly before spooning over puffs or éclairs.

MAKES 1/2 CUP

CHOCOLATE SAUCE

1 pkg (6 oz) semisweet chocolate pieces (1 cup)
1/2 cup milk
1/4 cup light corn syrup
1/2 teaspoon vanilla extract

1. In small saucepan, combine chocolate pieces, milk, and corn syrup; cook over medium heat, stirring constantly, until chocolate is melted and mixture is smooth.
2. Remove from heat; stir in vanilla. Let cool at room temperature.

MAKES 1 1/4 CUPS

Eclairs with Chocolate Glaze and Powdered Sugar toppings

CARAMEL GLAZE

1/2 lb caramels
1/4 cup water

1. Remove paper wrapping from caramels. Place caramels in top of double boiler with 1/4 cup water.
2. Melt over hot, not boiling, water.
3. Stir to mix well. Pour warm glaze over cooled, filled cream puffs place on a wire rack, with pan underneath.

MAKES 3/4 CUP

APPLE DUMPLINGS

1 1/2 pkg (9 1/2-to-11-oz size) piecrust mix
3 tablespoons butter or margarine, softened
3 tablespoons granulated sugar
1 tablespoon dark raisins
2 tablespoons chopped walnuts
3/4 teaspoon ground cinnamon
6 large baking apples (4 lb)—Rome Beauty, Northern Spy
2 tablespoons lemon juice
Whole cloves
1 egg yolk
1 tablespoon water
Vanilla Hard Sauce, page 64

1. Make pastry as package label directs. Form pastry into a flat, 8-inch round; wrap in waxed paper; refrigerate.
2. In small bowl, combine 3 tablespoons butter, granulated sugar, raisins, walnuts and cinnamon; blend with fork. Core apples with corer. Pare apples and brush with lemon juice. Using spoon, fill hollows with raisin-walnut mixture.
3. Preheat oven to 425F. Grease well a shallow baking pan 15 1/2 by 10 1/2 by 1 inch.
4. On lightly floured pastry cloth or floured surface, divide pastry evenly into sixths. Form each piece into a round ball. Flatten each piece; then roll out from center into an 8 1/2-inch square. Trim edges, using pastry wheel for decorative edge. Save trimmings.
5. Place an apple in center of each square; brush edges lightly with water. Bring each corner of square to top of apple; pinch edges of pastry together firmly, to cover apple completely.
6. Reroll trimmings 1/4 inch thick. With knife, cut out 24 leaves, 1 3/4 inches long and 3/4 inch wide. Brush one end of each leaf lightly with water.
7. Press leaves on top of dumplings; put clove in center. Arrange in pan. Brush with yolk mixed with 1 tablespoon water. Bake, brushing once with juices in pan, 40 minutes, or until pastry is browned and apples are tender when tested with a wooden pick.
8. Meanwhile, make Vanilla Hard Sauce.
9. With broad spatula, remove dumplings to serving dishes. Serve warm, topped with sauce.

MAKES 6 SERVINGS

PEACH DUMPLINGS

2 cans (1-lb, 1-oz size) cling-peach halves
1 pkg (9½ to 11 oz) piecrust mix
3 tablespoons light-brown sugar
½ teaspoon ground nutmeg
6 teaspoons butter or margarine

Vanilla Hard Sauce, page 64

1. Place peach halves on paper towel to drain. (You should have 12 halves.)
2. Prepare piecrust mix as package label directs. Shape into a ball; divide into sixths. On lightly floured surface, roll out each piece into a 6½-inch square. If desired, reroll any trimmings, and cut into small leaf shapes, for decoration.
3. Preheat oven to 425F. Grease a 13-by-9-by-2-inch baking pan.
4. Combine brown sugar and nutmeg.
5. Place a peach half in center of each pastry square. Sprinkle each with 1½ teaspoons sugar mixture, and top with 1 teaspoon butter and another peach half. Bring pastry up, covering peach completely, and press edges together, to seal. Decorate with pastry leaves, if desired. Arrange in prepared pan.
6. Bake 25 minutes, or until golden-brown. Serve warm, with Vanilla Hard Sauce.

PEAR DUMPLINGS

1½ pkg (11-oz size) piecrust mix
6 ripe (but not soft) pears (about 2½ lbs)
¼ cup sugar
1 teaspoon ground cinnamon
¼ cup lemon juice
1 egg yolk
1 teaspoon water

Custard Sauce
2 cups milk
4 egg yolks
⅓ cup sugar
Dash salt
1 teaspoon vanilla extract

1. Preheat oven to 400F. Prepare pastry as package label directs. On lightly floured surface, divide pastry into seven parts. With a stockinette-covered rolling pin, roll six pieces of pastry into 7-inch squares.
2. Pare pears, leaving stems on. Combine ¼ cup sugar and the cinnamon. Sprinkle each pear with lemon juice, then with cinnamon-sugar.
3. Slip center of a square of pastry over stem of each pear; mold pastry around pears, covering completely. Place in lightly greased shallow, 15½-by-10½-inch baking pan.
4. Roll remaining piece of pastry into a 9-inch circle. Using a 3-inch cookie cutter, cut out 3 rounds. Cut centers from each with a one-inch cutter. Reroll trimmings for three more rounds.
5. Slip a circle of pastry over each stem. Blend 1 egg yolk with 1 teaspoon water. Brush pastry with egg-yolk mixture. Bake 45 to 50 minutes.
6. **Make Custard Sauce:** Heat milk in top of double boiler over direct heat until bubbles form around the edge.
7. In small bowl, slightly beat egg yolks with sugar and salt. Gradually add hot milk, stirring constantly. Return to double-boiler top.
8. Cook, stirring constantly, over simmering water until mixture coats a metal spoon. Stir in vanilla. Refrigerate, covered, until chilled.
9. Serve warm dumplings with chilled Custard Sauce.

MAKES 6 SERVINGS

TARTE TATIN

1 cup sugar
½ cup butter or margarine
8 medium apples (about 3½ lb)
½ pkg (11-oz size) piecrust mix or pastry for 1-crust pie
Whipped cream

1. Place sugar in 10-inch heavy skillet with heat-resistant handle. Cook over medium heat until it melts and becomes a light-brown syrup. Remove from heat; add butter, stirring until melted.
2. Pare, quarter, and core apples. Arrange in a layer, rounded side down, in sugar mixture. Make a second layer, rounded side up, fitting the pieces between pieces in first layer. If open spaces remain, fill with slices of apple.
3. Preheat oven to 450F.
4. Prepare piecrust mix as the label directs for 1-crust pie. On lightly floured surface, roll pastry to a 10-inch circle. Place over apples.
5. Bake 25 to 30 minutes, or until crust is golden-brown. Invert onto shallow serving dish. Serve lukewarm. Garnish with whipped cream and, if desired, crystallized violets.

MAKES 6 TO 8 SERVINGS

Apple strudel with Sour-Cream Sauce

APPLE STRUDEL

½ pkg (1-lb size) phyllo-pastry or strudel-pastry leaves
½ cup packaged unseasoned dried bread crumbs
¾ cup ground almonds
Granulated sugar
Ground nutmeg
Ground cinnamon
¼ cup brown sugar, packed
2 tablespoons all-purpose flour
¼ teaspoon salt
1 tablespoon grated lemon peel
1 can (1 lb, 4 oz) sliced apples, drained
½ cup raisins
¾ cup butter or margarine, melted
2 tablespoons butter or margarine
Confectioners' sugar
Sour-Cream Sauce, page 63

1. If pastry leaves are frozen, defrost as label directs. Remove pastry leaves from package. In small bowl, combine bread crumbs, almonds, ½ cup granulated sugar, ¼ teaspoon nutmeg and ¼ teaspoon cinnamon; mix well.
2. Make apple filling: In medium bowl, combine ½ cup granulated sugar, the brown sugar, flour, ¼ teaspoon nutmeg, ½ teaspoon cinnamon, the salt and grated lemon peel; mix well. Add drained apples and raisins; toss lightly to combine.
3. Preheat oven to 375F. Line a 15½-by-10½-inch jelly-roll pan with brown paper.
4. Layer two sheets pastry at a time in pan; brush with 2 tablespoons melted butter; then sprinkle with 2 tablespoons crumb mixture. Continue layering two pastry leaves and sprinkling with butter and crumbs five more times, using 12 pastry leaves in all.
5. Then sprinkle remaining crumb mixture over one fourth of pastry, on short side. Spoon apple filling over crumb mixture. Dot top of filling with 2 tablespoons butter. Roll up like jelly roll as tightly as possible.
6. Brush all over with remaining melted butter. Bake 1 hour, or until nicely browned.
7. Let cool 5 minutes; transfer to wooden board or serving platter. Sprinkle lightly with confectioners' sugar. Serve warm, with Sour-Cream Sauce.

MAKES 10 TO 12 SERVINGS

Shortcakes, Cobblers and Kuchens

OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups sifted all-purpose flour
1/4 cup granulated sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or margarine
1 egg
Milk

Strawberry Topping
3 pint boxes fresh strawberries
3/4 cup granulated sugar
1 cup heavy cream
2 tablespoons confectioners' sugar
2 tablespoons butter or margarine, melted

1. Preheat oven to 425F. Lightly grease an 8-by-8-by-2-inch square baking pan or an 8-by-1 1/2-inch round layer-cake pan.
2. Sift flour with 1/4 cup granulated sugar, the baking powder and salt into a large bowl.
3. Cut 1/2 cup butter into chunks; add to flour mixture. With pastry blender or two knives used scissors fashion, cut in butter until it is in very small particles, all coated with flour mixture. Mixture will resemble coarse cornmeal.
4. Break egg into a measuring cup. Add milk to measure 3/4 cup. Mix with fork.
5. Make a well in center of mixture. Pour in egg-milk mixture all at once; mix quickly, with fork, just to moisten flour. Do not overmix; there will be lumps in the dough.
6. Turn into prepared pan, scraping out bowl with rubber spatula. With fingers (dipped in a little flour), lightly press out dough so that it fits corners of the pan and is even.
7. Bake 25 to 30 minutes, or until golden and cake tester inserted in center comes out clean.
8. **Make Strawberry Topping:** Wash strawberries in cold water; drain. Reserve several of the nicest berries for garnish.
9. Remove hulls from rest of berries; slice berries into a bowl. Add granulated sugar; mix well.
10. Beat cream with a rotary beater just until it is stiff. Gently stir in confectioners' sugar.
11. Loosen edges of the shortcake with a sharp knife; then turn out on wire rack.
12. Using serrated-edge knife, carefully cut warm cake in half crosswise. Put bottom, cut side up, on serving plate. Brush surface with melted butter. Spoon half of the sliced berries over the shortcake layer.
13. Set top of cake in place, cut side down. Spoon rest of sliced berries over top of cake. Mound whipped cream lightly in center. Garnish with the reserved whole strawberries. Serve at once, while still warm.

MAKES 9 SERVINGS

FRESH-PEACH OR NECTARINE SHORTCAKE

2 cups packaged buttermilk-biscuit mix
1/4 cup butter or margarine
Granulated sugar
2/3 cup milk
1 1/2 to 2 lb fresh peaches (see Note) or nectarines (3 cups, sliced)
1/2 cup heavy cream
2 tablespoons confectioners' sugar

1. Preheat oven to 400F.
2. In large bowl, combine biscuit mix, butter and 2 tablespoons granulated sugar. Cut in butter until mixture resembles coarse crumbs.
3. Stir in milk, mixing just until flour mixture is moistened.
4. Turn dough onto lightly floured pastry cloth or board. Knead gently ten times. Roll out to 3/4-inch thickness. With floured 3-inch cutter, cut out 6 biscuits.
5. Place on ungreased cookie sheet; bake 15 minutes, or until golden.
6. Meanwhile, wash peaches; peel; slice into a large bowl. Sprinkle with 1/2 cup granulated sugar.
7. Whip cream with confectioners' sugar until stiff.
8. To serve each shortcake: Split biscuit. Spread with butter, if desired. Spoon 1/4 cup peaches over

bottom, then a spoonful of whipped cream. Replace top; spoon on 1/4 cup peaches and top with whipped cream.
MAKES 6 SERVINGS
Note: Or use 2 packages (10-ounce size) thawed frozen sliced peaches, undrained. Do not add sugar.

FRENCH APPLE COBBLER

5 cups peeled, sliced tart apples
3/4 cup sugar
2 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 teaspoon vanilla extract
1/4 cup water
1 tablespoon soft butter or margarine

Batter
1/2 cup sifted all-purpose flour
1/2 cup sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons butter or margarine, softened
1 egg, slightly beaten

Light or whipped cream

1. Preheat oven to 375F.
2. Make filling: In medium bowl, combine apples, sugar, flour, cinnamon, salt, vanilla, and 1/4 cup water.
3. Turn into a 9-by-9-by-1 3/4-inch baking pan. Dot apples with butter.
4. **Make Batter:** In medium bowl, combine all batter ingredients; beat with wooden spoon until smooth.
5. Drop batter in 9 portions on apples, spacing evenly. Batter will spread during baking.
6. Bake 35 to 40 minutes, or until apples are fork-tender and crust is golden-brown.
7. Serve warm, with cream.
MAKES 6 TO 8 SERVINGS

PEACH COBBLER

1 can (1 lb, 14 oz) sliced peaches
2 tablespoons cornstarch
1/2 teaspoon lemon juice
3 tablespoons sugar
1/2 teaspoon ground cinnamon

Biscuit Topping
1 cup unsifted all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or margarine
1/3 cup water

1. Preheat oven to 375F. Grease well a 10-by-6-by-2-inch baking dish.
2. Drain peaches, reserving juice. In small saucepan, combine 1 cup juice with the cornstarch; stir to mix well.
3. Cook, stirring, over medium heat until thickened. Remove from heat; add peaches and lemon juice. Pour into baking dish.
4. Combine 3 tablespoons sugar and the cinnamon; reserve 1 tablespoon; sprinkle rest over peaches.
5. **Make Biscuit Topping:** In medium bowl, sift flour with sugar, baking powder and salt. With pastry blender or two knives, cut in butter until particles are size of small peas. Add 1/3 cup water; stir with fork just to blend. Spoon batter, in six large spoonfuls, over peaches. Sprinkle with reserved sugar and cinnamon.
6. Bake 35 minutes, or until biscuits are golden and baked through. Serve warm with ice cream.
MAKES 6 SERVINGS

PEAR COBBLER

6 cups sliced, peeled Bosc pears (about 2 lb)
2/3 cup light-brown sugar, packed
2 tablespoons all-purpose flour
2 tablespoons lemon juice
3/4 cup apple juice
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
2 tablespoons butter or margarine

Batter
1/2 cup unsifted all-purpose flour
1/3 cup granulated sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons butter or margarine, softened
1 egg, slightly beaten

Light cream, whipped cream or ice cream

1. In medium bowl, combine pears, brown sugar, 2 tablespoons flour, the lemon juice, apple juice, vanilla, cinnamon, nutmeg and 1/4 teaspoon salt. Toss lightly. Turn into an 8-by-8-by-2-inch baking dish. Dot top with 2 tablespoons butter.
2. Preheat oven to 375F.
3. **Make Batter:** In medium bowl, combine all batter ingredients; beat with wooden spoon until smooth. Drop, in nine portions, over filling, spacing evenly. Batter will spread during baking.
4. Bake 35 minutes, or until fruit is tender and crust is golden. Serve warm, with cream or ice cream.
MAKES 9 SERVINGS

STRAWBERRY SHORTCAKE IN A BOWL

2 pints strawberries, washed and drained
Confectioners' sugar
1 cup heavy cream
½ teaspoon vanilla extract
1 pkg (3 oz) ladyfingers

1. Select 10 to 12 pretty berries for top. Remove hulls from rest. Slice into bowl; toss with 2 tablespoons confectioners' sugar.
2. Using rotary beater, beat cream with 2 tablespoons confectioners' sugar and the vanilla.
3. Arrange one third of ladyfingers in bottom of a 1½-quart glass serving bowl. Top with one third sliced berries and one third whipped cream. Repeat layering, ending with whipped cream.
4. Garnish top with reserved whole berries. Refrigerate several hours, or until well chilled and blended.

MAKES 8 SERVINGS

BERRY COBBLER

3 cups blueberries, blackberries or raspberries, washed
½ cup sugar
½ teaspoon lemon juice
2 tablespoons butter or margarine
1½ cups packaged biscuit mix
3 tablespoons butter or margarine, melted
1 egg, slightly beaten
½ cup milk
Whipped cream or ice cream

1. Preheat oven to 400F. Grease well a 10-by-6½-by-2-inch baking dish.
2. Toss berries lightly with sugar and lemon juice. Place in baking dish. Dot with 2 tablespoons butter.
3. In medium bowl, combine biscuit mix, melted butter, egg and milk. Lightly mix with fork just until combined. Drop dough over fruit.
4. Bake 30 to 35 minutes, or until top is golden-brown. Serve warm with whipped cream or ice cream.

MAKES 6 SERVINGS

FRESH-PEACH CRISP

2½ lb fresh ripe peaches (about 8)
1 cup sifted all-purpose flour
1 cup sugar
¼ teaspoon salt
½ teaspoon ground cinnamon
½ cup butter or margarine, softened
Light cream

1. Preheat oven to 375F. Lightly grease an 8-by-8-by-2-inch baking dish.
2. Wash peaches; peel. Cut in halves; remove pits. Slice peaches into prepared baking dish.
3. Sift flour with sugar, salt, and cinnamon into medium bowl.
4. With pastry blender or 2 knives, cut butter into flour mixture until mixture resembles coarse cornmeal. Sprinkle evenly over peaches.
5. Bake 45 to 50 minutes, or until topping is golden and peaches are tender.
6. Serve warm, with cream.

MAKES 6 SERVINGS

PEACH KUCHEN

Boiling water
2 lb ripe peaches (about 6); or 2½ pkg (10-oz size) frozen sliced peaches, drained
2 tablespoons lemon juice

Kuchen Batter
1½ cups sifted all-purpose flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
2 eggs
2 tablespoons milk
1½ tablespoons grated lemon peel
¼ cup butter or margarine, melted

Topping
¼ cup sugar
½ teaspoon ground cinnamon
1 egg yolk
3 tablespoons heavy cream

Sweetened whipped cream or soft vanilla ice cream

1. Pour enough boiling water over peaches in large bowl to cover. Let stand 1 minute to loosen skins; then drain, and plunge into cold waer for a few seconds to prevent softening of fruit. With paring knife, pare peaches; place in large bowl.
2. Preheat oven to 400F. Sprinkle peaches with lemon juice to prevent darkening. Slice into the bowl; toss to coat with lemon juice; set aside.
3. Onto sheet of waxed paper, sift flour with the sugar, baking powder, and salt. In large mixing bowl, using fork, beat eggs with milk and lemon peel. Add flour mixture and melted butter, mixing with fork until smooth – 1 minute. Do not overmix.
4. Butter a 9-inch springform pan, or a 9-inch round layer-cake pan. (If cake pan is used, kuchen must be served from pan.) Turn batter into pan; spread evenly over bottom. (At this point, kuchen may be refrigerated several hours, or until about ½ hour before baking.)
5. Combine sugar and cinnamon; mix well. Drain peach slices; arrange on batter, around edge of pan; fill in center with 5 peach slices. Sprinkle evenly with sugar-cinnamon mixture. Bake 25 minutes. Remove kuchen from oven.
6. With a fork, beat egg yolk with cream. Pour over

peaches. Bake 10 minutes longer. Cool 10 minutes on wire rack.
7. To serve, remove side of springform pan. Serve kuchen warm, cut into wedges, with sweetened whipped cream or soft vanilla ice cream.
MAKES 8 TO 10 SERVINGS

APPLE KUCHEN

1¼ cups sifted all-purpose flour
¼ cup sugar
1½ teaspoons baking powder
½ teaspoon salt
¼ cup butter or margarine
1 egg, beaten
¼ cup milk
1 teaspoon vanilla extract
5 cups thinly sliced, pared tart apple

Topping
¼ cup sugar
1 teaspoon ground cinnamon
¼ cup butter or margarine, melted

⅓ cup apricot preserves
1 tablespoon hot water
Soft vanilla ice cream or whipped cream

1. Preheat oven to 400F. Lightly grease a 13-by-9-by-2-inch baking pan.
2. Into medium bowl, sift flour with ¼ cup sugar, the baking powder and salt. With pastry blender, cut in ¼ cup butter until mixture resembles coarse crumbs.
3. Add beaten egg, milk and vanilla, stirring with a fork until mixture is smooth – about 1 minute.
4. Spread batter evenly in bottom of prepared pan. Arrange apple slices, thin sides down and slightly overlapping, in parallel rows over the batter.
5. **Make Topping:** Combine sugar, cinnamon and melted butter. Sprinkle sugar mixture over the apple slices.
6. Bake 35 minutes, or until apple slices are tender. Remove to wire rack.
7. Mix apricot preserves with 1 tablespoon hot water. Brush over apple. Cut apple kuchen into rectangles, and serve warm, with ice cream or whipped cream.
MAKES 12 SERVINGS

APPLE BROWN BETTY

2 cups grated soft bread crumbs
⅔ cup light-brown sugar, packed
¼ teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 teaspoon grated lemon peel
¼ cup water
1½ tablespoons lemon juice
1½ lb pared, sliced tart apples (about 4)
3 tablespoons butter or margarine, melted
Light cream or ice cream

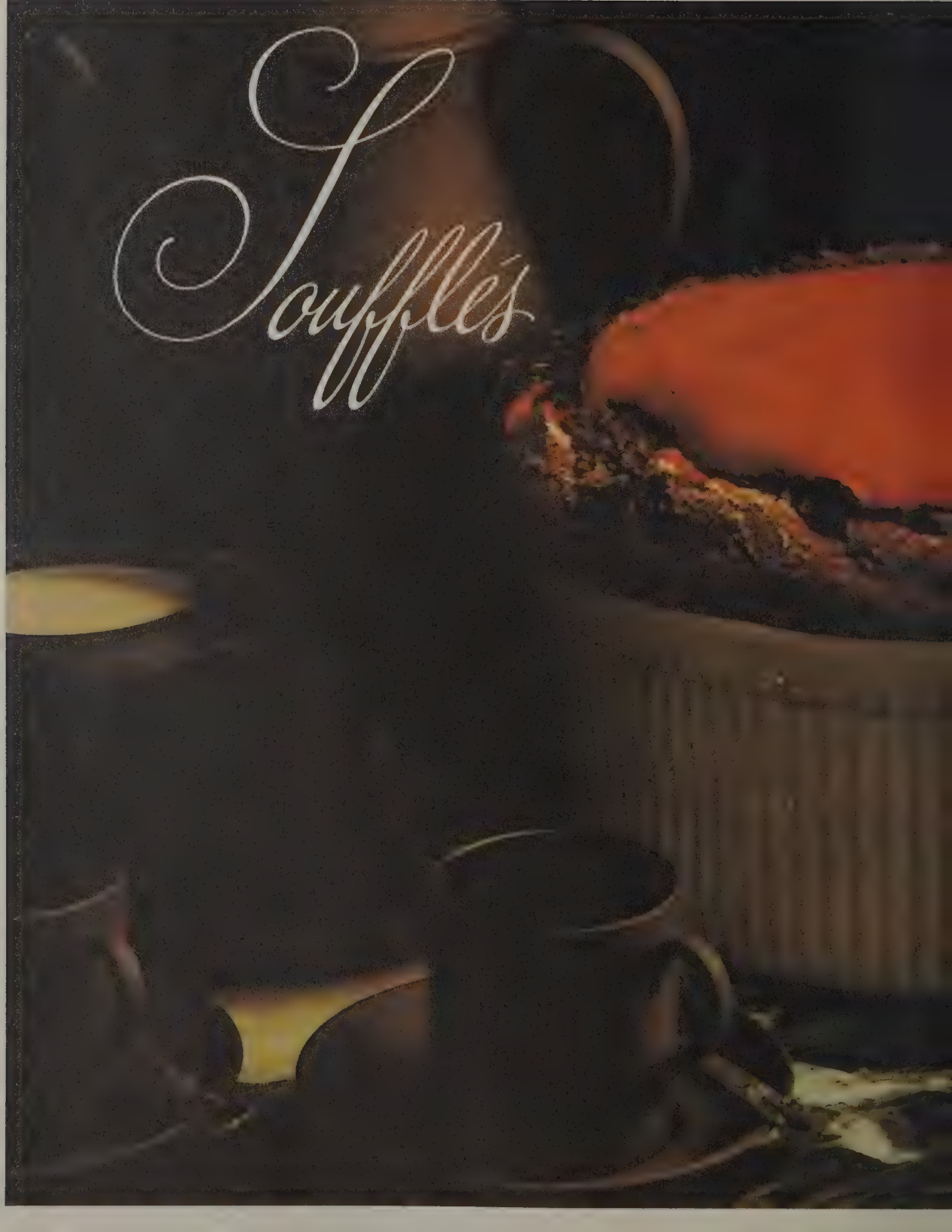
1. Preheat oven to 375F. Lightly grease a 1-quart deep casserole. In bottom of dish, sprinkle one third bread crumbs.
2. Combine sugar, cinnamon, nutmeg and lemon peel; add ¼ cup water and the lemon juice.
3. Layer half the apples over bread crumbs; sprinkle with half the sugar-spice mixture.
4. Cover with one third crumbs, then rest of apples and a layer of remaining sugar-spice mixture.
5. Combine rest of bread crumbs with melted butter; sprinkle crumbs over top. Bake until apples are tender, about 30 minutes.
6. Serve warm with light cream or ice cream.
MAKES 6 SERVINGS

BAKED APPLE CHARLOTTE

1 loaf (1 lb) sliced white bread, crusts removed
1 cup sugar
4 teaspoons ground cinnamon
6 green apples (2 lb)
¼ cup butter or margarine
4 cups grated fresh white-bread crumbs (about 12 slices, crusts removed)

Sauce (see Note)
1 cup apple jelly
2 tablespoons golden rum

1. Lightly butter inside of a 2-quart charlotte mold or a straight-sided Pyrex bowl. Cut 6 slices bread in half; use to line inside of mold, overlapping. Using a heart-shaped cookie cutter, cut 6 hearts from bread, to fit in bottom of mold.
2. Combine sugar and cinnamon.
3. Pare, core and thinly slice apples – should measure 5½ cups.
4. Preheat oven to 350F.
5. In bottom of mold, layer 1⅓ cups apple slices; sprinkle with ¼ cup sugar-cinnamon mixture; dot with 1 tablespoon butter; top with 1 cup bread crumbs. Make three more layers.
6. Bake 1 hour and 15 or 20 minutes, or until apples are tender when tested with a wooden pick.
7. Let pudding cool on wire rack 10 minutes. (If desired, brush with a little melted apple jelly.) Make sauce: In small saucepan, over low heat, melt jelly. Remove from heat, stir in rum.
8. To serve: Carefully loosen around edge of mold with spatula. Turn out on platter. Serve warm with sauce.
MAKES 8 SERVINGS
Note: Or use 1 pint softened vanilla ice cream as sauce.


Soufflés

HOT CHOCOLATE SOUFFLÉ

8 egg whites
4 tablespoons butter or margarine, softened
2 tablespoons granulated sugar
1/2 cup all-purpose flour
3/4 cup Dutch-process unsweetened cocoa
1 cup granulated sugar
1/4 teaspoon salt
2 cups milk
6 egg yolks
1 teaspoon vanilla extract
1/4 teaspoon cream of tartar
1 cup heavy cream, chilled
1/4 cup confectioners' sugar

1. In large bowl of electric mixer, let egg whites warm to room temperature – 1 hour.
2. With 1 tablespoon butter, grease 2-quart soufflé dish. Fold 26-inch piece waxed paper lengthwise in thirds. Grease with 1 tablespoon butter. Form 2-inch collar around dish; tie. Sprinkle dish and paper with 2 tablespoons sugar.
3. In medium-size heavy saucepan, with wire whisk, mix flour, cocoa, 3/4 cup granulated sugar, and the salt. Gradually blend in milk. Cook, stirring, over medium heat, until mixture comes to boil (large bubbles break on surface.)
4. Beat yolks with a wire whisk. Beat in some of cocoa mixture. Gradually stir yolk mixture into rest of mixture in saucepan. Add 2 tablespoons butter and the vanilla, stirring until they are combined. Set aside to cool slightly. Meanwhile, preheat oven to 350F.
5. Add cream of tartar to egg whites. With electric mixer at high speed, beat just until soft peaks form when beater is slowly raised; scrape side of bowl several times with rubber spatula so that egg whites are beaten throughout.
6. Add 1/4 cup granulated sugar, 2 tablespoons at a time, beating well after each addition. Beat just until stiff peaks form when beater is raised. Whites will be shiny and satiny.
7. Turn a third of cocoa mixture over top of egg whites. Using a wire whisk or rubber spatula, gently fold mixture into whites, using under-and-over motion, just until combined. Fold in rest of cocoa mixture a half at a time. Caution: Overfolding reduces the volume.
8. Using a rubber spatula, gently turn soufflé mixture, without stirring, into prepared dish set in a large baking pan. Smooth top with a metal spatula. Place pan and dish in oven on bottom rack.
9. Pour hot water into pan to measure 1 inch. Bake 1 1/4 hours. With rotary beater, beat cream with confectioners' sugar until stiff. Chill. To serve, remove collar. Break the top of the soufflé with fork. Serve with whipped cream and chocolate sauce, if desired.

MAKES 8 SERVINGS

MOLDED STRAWBERRY SOUFFLÉ

8 egg whites (1 1/3 cups)
1 1/2 pints fresh strawberries, washed and hulled
2 tablespoons butter or margarine
Sugar
1/2 teaspoon cream of tartar
1/2 teaspoon salt
2 tablespoons light corn syrup
1/4 cup currant jelly
Sweetened whipped cream, chilled

1. In large bowl of electric mixer, let egg whites warm to room temperature – about 1 hour.
2. Meanwhile, blend strawberries in blender or food processor to make a purée. Measure 2 cups.
3. Preheat oven to 350F. With butter, lightly grease bottom and side of a 3-quart metal mold or heat-proof bowl; sprinkle evenly with 2 tablespoons sugar.
4. Add cream of tartar and salt to egg whites; beat at high speed just until soft peaks form when beater is slowly raised.
5. Gradually add 2/3 cup sugar (about 2 tablespoons at a time), beating well after each addition. Continue beating until very stiff peaks form when beater is slowly raised.

6. With rubber spatula or wire whisk, using an under-and-over motion, gently fold half of the strawberry purée into egg whites just until combined. Fold in rest of strawberry purée.
7. Turn into prepared mold. Set in pan containing 1 inch hot water. On low shelf in oven, bake 50 minutes, or until puffed and lightly browned. Let cool in mold on wire rack 30 minutes.
8. Meanwhile, heat corn syrup and currant jelly in small skillet just until melted.
9. To unmold, loosen around ege of mold with small spatula; invert onto serving plate. Brush jelly mixture lightly over top. Serve slightly warm or cold, with well-chilled whipped cream, and, if desired, garnish with whole strawberries.
MAKES 10 TO 12 SERVINGS

LEMON SOUFFLÉ (DO AHEAD)

6 egg whites
4 egg yolks
Butter or margarine
Granulated sugar
1/4 cup all-purpose flour
1/3 cup granulated sugar
1/8 teaspoon salt
1/2 cup water
1/2 cup milk
4 tablespoons lemon juice
2 tablespoons grated lemon peel
2 tablespoons butter or margarine
1/4 teaspoon cream of tartar
1 tablespoon confectioners' sugar
Chantilly Cream, page 63

1. Place whites in large bowl of electric mixer, yolks in a small bowl. Let whites warm to room temperature – about 1 hour. Butter 1 1/2-quart straight-side soufflé dish (7 1/2-inch diameter). Sprinkle evenly with granulated sugar – about 1 tablespoon.
2. Fold a 26-inch-long piece of waxed paper lengthwise into thirds. Lightly butter one side, and sprinkle with granulated sugar. Wrap around soufflé dish, sugared side against dish, to form a collar extending 2 inches above top; tie with string.
3. In medium saucepan, combine flour, 1/3 cup granulated sugar, the salt, 1/2 cup water, and the milk; stir until smooth. Cook over medium heat, stirring constantly, until mixture is thickened and just comes to a boil. Remove from heat.
4. With wire whisk or wooden spoon, beat egg yolks; beat in a little cooked mixture. Gradually stir into rest of mixture in saucepan. Cook, stirring constantly, until mixture just begins to bubble. Remove from heat.
5. Add lemon juice and peel and 2 tablespoons butter; beat until well blended. Cool about 10 minutes.
6. Add cream of tartar to egg whites. With electric beater at high speed, beat until stiff peaks form when beater is slowly raised. Fold one third into lemon mixture until well combined. Carefully fold in remaining whites just until combined; do not overmix.
7. Turn into prepared dish. Refrigerate until baking time – no longer than 4 hours. (See Note.)
8. About 1 hour before serving, preheat oven to 350F. Bake soufflé about 35 minutes, or until it is nicely browned and quivers only slightly when dish is shaken gently. Remove waxed paper; sprinkle top with confectioners' sugar. Serve at once, with Chantilly Cream.
MAKES 6 TO 8 SERVINGS
Note: If desired, soufflé may be baked at once, without refrigerating, about 30 minutes.

PRUNE SOUFFLÉ

5 egg whites
1 1/2 cups dried prunes
2 tablespoons butter or margarine
2 tablespoons plus 1/2 cup sugar
1/4 teaspoon cream of tartar
1/4 teaspoon salt
2 teaspoons grated lemon peel or 1 tablespoon grated orange peel
1/2 cup finely chopped walnuts

1. In large bowl of electric mixer, let egg whites warm to room temperature – about 1 hour.
2. In medium saucepan, combine prunes with just enough water to cover; over medium heat, bring to boiling. Remove from heat; let stand, covered, 10 minutes.
3. Drain prunes, reserving liquid; remove pits. Press prunes and liquid through food mill, or blend in blender, to make purée. Measure 1 1/2 cups prune purée; set aside.
4. Preheat oven to 350F. Butter bottom and side of 2-quart casserole; then sprinkle with 2 tablespoons sugar, coating completely.
5. At high speed, beat whites with cream of tartar and salt until soft peaks form when beater is slowly raised.
6. Gradually add 1/2 cup sugar (2 tablespoons at a time), beating well after each addition. Continue beating until stiff peaks form.
7. Combine prune purée with lemon peel and walnuts, mixing well.
8. With rubber spatula, using an under-and-over motion, gently fold prune mixture into egg whites just until combined.
9. Turn into prepared casserole; set in pan containing 1 inch hot water.
10. Bake 35 to 40 minutes, or until lightly browned. Serve warm, with whipped cream, if desired.
MAKES 6 SERVINGS

COLD CHOCOLATE SOUFFLÉ

2 cups heavy cream
1/2 cup sifted confectioners' sugar
2 teaspoons vanilla extract
1/4 teaspoon almond extract
1 envelope unflavored gelatine
1/4 teaspoon salt
1/2 cup granulated sugar
1/2 cup sifted unsweetened cocoa
1 cup milk

1. Make paper collar for a 1-quart, straight-side soufflé dish: Tear off sheet of waxed paper 26 inches long; fold lengthwise in thirds. With string, tie collar around top of edge, to form a rim 2 inches above dish. Refrigerate until needed.
2. In medium bowl, combine cream, confectioners' sugar, and extracts; refrigerate.
3. In small, heavy saucepan, combine gelatine, salt, granulated sugar, and cocoa. Add milk, stirring until well blended.
4. Cook, over medium heat, stirring constantly, until gelatine dissolves – about 5 minutes.
5. Turn into large bowl; refrigerate until mixture mounds when dropped from spoon – about 40 minutes. Or hasten chilling by placing bowl in larger one containing ice water.
6. Then, using portable electric mixer, at high speed, beat chilled cream mixture, until stiff.
7. Using same beater, beat cocoa mixture until light and fluffy.
8. With wire whisk or rubber spatula, using an under-and-over motion, fold whipped-cream mixture into cocoa mixture until blended.
9. Turn into chilled soufflé dish. Refrigerate until firm – several hours, or overnight. Remove paper collar before serving.

MAKES 6 TO 8 SERVINGS

VANILLA SOUFFLÉ

5 eggs, separated
1 1/2 tablespoons plus 1/3 cup butter or margarine
3/4 cup sugar
1/3 cup unsifted all-purpose flour
1 1/3 cups milk
1/4 teaspoon cream of tartar
1/4 teaspoon salt
1 1/2 teaspoons vanilla extract
Flaming Cherry Sauce, page 61

1. Preheat oven to 350F. In large bowl of electric mixer, let egg whites warm to room temperature – about 1 hour.
2. With 1 tablespoon butter, lightly grease bottom and side of 1 1/2-quart, straight-side soufflé dish; sprinkle evenly with 2 tablespoons sugar.
3. Make paper collar: Tear off sheet of waxed paper 26 inches long; fold lengthwise in thirds. Lightly grease one side with 1/2 tablespoon butter; sprinkle evenly with 2 tablespoons sugar.
4. With string, tie collar (sugar side inside) around soufflé dish, to form 2-inch rim above top edge.
5. Melt remaining butter in medium saucepan; remove from heat. Stir in flour, until smooth; then stir in milk.
6. Bring to boiling, stirring constantly, over medium heat. Remove from heat; let cool 5 minutes.
7. With mixer at high speed, beat egg whites with cream of tartar and salt just until soft peaks form when beater is slowly raised.
8. Gradually add rest of sugar (2 tablespoons at a time), beating well after each addition; continue beating until stiff peaks form when beater is slowly raised.
9. In small bowl of electric mixer, at high speed, beat egg yolks with vanilla until light and fluffy.
10. Stir into white sauce until well mixed.
11. With wire whisk or rubber spatula, using an under-and-over motion, gently fold egg-yolk mixture into egg whites until well combined.
12. Turn into prepared soufflé dish. Set in pan containing 1 inch hot water; bake 1 hour.
13. Gently remove collar. Serve soufflé at once, with Cherries Jubilee or whipped cream.

MAKES 6 TO 8 SERVINGS

COLD GRAND MARNIER SOUFFLÉ

6 egg whites (3/4 cup plus 2 tablespoons)
1 env unflavored gelatine
1 3/4 cups sugar
Dash salt
4 egg yolks
1 1/2 cups orange juice
1/4 cup grated orange peel
1/3 cup Grand Marnier
1 cup heavy cream
6 ladyfingers, split
Chocolate curls
1/2 cup chopped walnuts or pecan

1. Day before serving: Fold waxed paper, 28 inches long, in thirds. With string, tie collar around 1 1/2-quart soufflé dish, to form rim 2 inches high. Let egg whites warm to room temperature – 1 hour.
2. In double-boiler top, combine gelatine with 1/2 cup sugar and the salt.
3. In small bowl, with mixer at high speed, beat egg yolks until thick – 3 minutes. Gradually beat in 1/2 cup sugar, 2 tablespoons at a time; beat until very thick. Slowly add orange juice; mix to combine.
4. Stir into gelatine mixture; mix well. Cook over boiling water (water in bottom should not touch top of double boiler), stirring constantly, until gelatine dissolves and mixture is thickened – 15 to 20 minutes. Remove from hot water. Stir in orange peel and Grand Marnier.
5. Turn into bowl to cool slightly. Set in bowl of ice

cubes, stirring occasionally, 30 minutes. Then stir constantly until mixture thickens and mounds when dropped from a spoon.
6. In large bowl, at high speed, beat whites (clean beaters) until soft peaks form when beater is slowly raised.
7. Beat in remaining 3/4 cup sugar, 2 tablespoons at a time; beat well after each addition. Beat until stiff peaks form.
8. With wire whisk, using an under-and-over motion, gently fold gelatine mixture into egg whites just to combine.
9. Beat 1/2 cup cream until stiff. Gently fold into gelatine mixture. Turn one fourth of mixture into soufflé dish. Top with a layer of split ladyfingers. Continue to layer soufflé and ladyfingers, ending with soufflé. Refrigerate overnight.
10. To serve: Remove collar. Whip remaining cream; put through pastry bag with number-6 tip to decorate soufflé. Garnish with chocolate curls. Press nuts gently around side.
MAKES 8 SERVINGS
To make chocolate curls: Let a 1-ounce square of semisweet or unsweetened chocolate stand in paper wrapper in warm place about 15 minutes, just to soften slightly. For large curls, unwrap chocolate, and carefully draw vegetable parer across broad flat surface of square.

COLD LEMON-AND-LIME SOUFFLÉ

3 egg whites
2 tablespoons unflavored gelatine
1 cup cold water
1 1/2 cups boiling water
1 3/4 cups sugar
1/2 teaspoon salt
2 teaspoons grated lemon peel
1 cup lemon juice
1/2 cup lime juice
1 cup heavy cream
Yellow or green food color (optional)

1. In large bowl of electric mixer, let egg whites warm to room temperature – about 1 hour.
2. Make a collar for a 1-quart, straight-side soufflé dish: Tear off sheet of waxed paper 26-inches long; fold lengthwise in thirds. With string, tie collar around soufflé dish to form 1 1/2-inch rim around top edge. Refrigerate until needed.
3. Sprinkle gelatine over 1 cup cold water in large bowl; let stand 5 minutes to soften.
4. Stir in boiling water, 1 1/2 cups sugar, and the salt; stir until gelatine and sugar are dissolved. Stir in lemon peel, lemon and lime juices.
5. Refrigerate until consistency of unbeaten egg white – about 30 minutes.
6. Then beat cream until stiff enough to hold its shape.
7. With mixer at high speed, beat egg whites just until soft peaks form when beater is slowly raised.
8. Gradually beat in remaining sugar (2 tablespoons at a time), beating well after each addition; continue beating until stiff peaks form when beater is slowly raised.
9. Turn whipped cream and gelatine mixture into egg whites. With wire whisk or rubber spatula, using an under-and-over motion, gently fold together. If desired, fold in food color. Turn into soufflé dish.
10. Refrigerate 4 hours, or overnight.
11. Just before serving, decorate, if desired, with rosettes of whipped cream.
MAKES 6 TO 8 SERVINGS

COLD RASPBERRY SOUFFLÉ

4 egg whites
1 cup raspberries
Water
1 env unflavored gelatine
4 egg yolks
3/4 cup sugar
Dash salt
1 cup heavy cream
Few drops red food color

1. In large bowl, let egg whites warm to room temperature – 1 hour.
2. To remove seeds from raspberries, press through food mill or sieve (or blend in electric blender, covered, about 1 minute; strain to remove seeds.) Measure raspberry purée; add water to make 1 cup.
3. Sprinkle gelatine over 1/4 cup cold water; let soften.
4. Meanwhile, in top of double boiler, combine egg yolks with 1/2 cup sugar; cook, stirring, over hot, not boiling, water until thickened – about 10 minutes.
5. Add softened gelatine, stirring until dissolved; let mixture cool 15 minutes.
6. Stir raspberry purée into cooled gelatine mixture.
7. Beat egg whites with salt until they form very soft peaks when beater is raised.
8. Gradually add remaining sugar, beating well after each addition; continue beating until whites are shiny and form stiff peaks when beater is raised.
9. Beat cream just until stiff; pile on meringue.
10. Using spoon, rubber spatula, or wire whisk, gently fold raspberry-gelatine mixture and red food color into meringue and whipped cream until well combined.
11. Turn into 1 1/2-quart soufflé dish or bowl; refrigerate 4 hours, or until firm and spongy. If desired, decorate top of soufflé with whipped cream and a few raspberries.
MAKES 6 TO 8 SERVINGS

COLD COFFEE SOUFFLÉ

8 egg whites
2 env unflavored gelatine
1/2 cup cold water
8 egg yolks
1/4 teaspoon salt
1 3/4 cups sugar
2 tablespoons instant coffee
4 teaspoons vanilla extract
1/4 teaspoon cream of tartar
2 cups heavy cream

1. In large bowl of electric mixer, let egg whites warm to room temperature – 1 hour.
2. Make a paper collar for a 1-quart, straight-side soufflé dish: Tear off sheet of waxed paper 26 inches long; fold lengthwise in thirds. With string, tie collar around top of dish. Refrigerate.
3. Sprinkle gelatine over 1/2 cup cold water in top of double boiler; let stand 5 minutes to soften.
4. In small bowl, combine egg yolks, salt, 3/4 cup sugar and the coffee; beat with rotary beater until smooth and light.
5. Add to gelatine mixture; cook over boiling water, stirring, until gelatine dissolves – about 5 minutes. Add vanilla. Remove double-boiler top from water.
6. Refrigerate about 25 minutes, or until bottom feels just warm to the hand and mixture just starts to thicken. Or to hasten cooling, place in bowl of ice cubes, stirring occasionally.
7. With mixer at high speed, beat egg whites with cream of tartar just until soft peaks form when beater is slowly raised.
8. Gradually beat in remaining sugar, 1 tablespoon at a time, beating well after each addition; continue beating until stiff peaks form when beater is slowly raised.
9. Beat cream until stiff enough to hold its shape.
10. Turn whipped cream and gelatine mixture into egg whites. With wire whisk or rubber spatula, using an under-and-over motion, fold together just until combined. Turn into prepared soufflé dish.
11. Refrigerate until firm – several hours or overnight. Remove paper collar before serving. If desired, decorate with whipped cream and coffee candies.

MAKES 10 SERVINGS

COLD STRAWBERRY SOUFFLÉ

4 egg whites
2 pkg (10-oz size) frozen strawberries, thawed
1 env unflavored gelatine
4 egg yolks
3 tablespoons water
1 tablespoon lemon juice
1/8 teaspoon salt
1/2 teaspoon vanilla extract
1/3 cup sugar
1 cup heavy cream

1. Make a collar for a 1-quart, straight-side soufflé dish: Cut a strip of foil 6 inches wide and long enough to go around edge of soufflé dish. Fold foil twice. Place band of foil tightly around dish, so it extends above dish to form a 1 1/2-inch-deep collar. Fasten securely with string.
2. In large bowl of electric mixer, let egg whites stand at room temperature about 1 hour.
3. Meanwhile, drain strawberries, reserving 1/2 cup syrup. Set aside a few large strawberries for garnish.
4. Sprinkle gelatine over reserved strawberry syrup in top of double boiler. Let mixture stand 5 minutes to soften.
5. In small bowl, beat egg yolks with 3 tablespoons water. Stir into gelatine mixture.
6. Cook, stirring, over boiling water until gelatine is dissolved and mixture is slightly thickened.
7. Remove from hot water. Stir in lemon juice, salt and vanilla to mix well. Refrigerate until mixture is cooled – about 20 minutes.
8. Press strawberries (except those reserved for garnish) through sieve to make a purée; this should measure about 1 1/3 cups. Stir into gelatine mixture.
9. Beat egg whites at high speed just until soft peaks form when beater is slowly raised. Gradually beat in sugar; beat until stiff peaks form.
10. With rotary beater, beat cream until stiff.
11. Using rubber spatula or wire whisk, with an under-and-over motion, fold gelatine mixture and whipped cream into egg whites until well combined.
12. Turn evenly into prepared soufflé dish. Refrigerate until firm – about 4 hours.
13. To serve: Gently remove collar from soufflé. Garnish edge with reserved strawberries and more whipped cream, if desired.

MAKES 8 SERVINGS

Dessert Sauces

APRICOT SAUCE

1 jar (12 oz) apricot preserves
2 tablespoons lemon juice
½ tablespoon kirsch or brandy

Melt preserves in small saucepan with lemon juice; strain. Add kirsch.
MAKES 1 CUP

BLUEBERRY SAUCE

¼ cup sugar
2 teaspoons cornstarch
2 teaspoons lemon juice
Dash ground nutmeg
Water
1 pkg (12 oz) frozen blueberries, thawed

1. In small saucepan, combine sugar, cornstarch, lemon juice, and nutmeg with 1½ teaspoons water, stirring until smooth. Add ¼ cup water.
2. Over medium heat, bring to boiling, stirring. Reduce heat; simmer, stirring occasionally, 3 to 5 minutes, or until slightly thickened.
3. Stir in blueberries. Heat to boiling. Serve, warm or cold, over vanilla or strawberry ice cream.
MAKES 1⅔ CUPS

CHERRY SAUCE

1 can (1 lb, 14 oz) pitted Bing cherries
1 tablespoon cornstarch
¼ cup sugar
¼ cup Burgundy

1. Drain cherries, reserving liquid.
2. In small saucepan, combine cornstarch and sugar, mixing well. Blend in cherry liquid.
3. Over medium heat, bring to boiling, stirring; boil 2 minutes, or until thickened and translucent.
4. Remove from heat; stir in Burgundy and cherries. Heat slightly; serve warm, over vanilla ice cream.
MAKES 3¼ CUPS

FLAMING CHERRY SAUCE

1 cup currant jelly
1 can (1 lb, 1 oz) pitted Bing cherries
3 tablespoons brandy

1. Melt jelly in small saucepan, over low heat, stirring occasionally.
2. Drain cherries, reserving ¼ cup liquid.
3. Add cherries and reserved liquid to jelly; bring to boiling point. Pour into serving dish.
4. Heat brandy gently in small pan. Light with match; pour flaming brandy over cherries. Serve immediately, with hot Vanilla Soufflé.
MAKES 2 CUPS

CARDINAL SAUCE

3 tablespoons cornstarch
1¼ cups water
1 pkg (10 oz) frozen raspberries, thawed
1 pkg (10 oz) frozen sliced strawberries, thawed

1. In saucepan, combine cornstarch with 1¼ cups water until smooth. Bring to boiling; boil, stirring, until thickened and translucent – 5 to 8 minutes.
2. Stir in berries. Let cool. Serve with vanilla ice cream or fruit sherbet.
MAKES 3¼ CUPS

QUICK CHOCOLATE SAUCE

1 pkg (6 oz) semisweet-chocolate pieces
⅔ cup evaporated milk, undiluted

1. Combine chocolate pieces and milk in medium saucepan. Stir constantly, over low heat, just until chocolate is melted.
2. Serve warm, over ice cream or cakes.
MAKES ABOUT 1 CUP

CHOCOLATE SAUCE

1/2 cup sugar
1/4 cup unsweetened cocoa
1/2 cup light cream
1/3 cup light corn syrup
1/4 cup butter or margarine
2 squares unsweetened chocolate
Dash salt
1 1/2 teaspoons vanilla extract

1. In small saucepan, combine sugar and cocoa; mix well. Add cream, corn syrup, butter, chocolate and salt.
2. Cook over medium heat, stirring constantly, until sauce is smooth and comes to boiling. Remove from heat; stir in vanilla.

MAKES 1 1/2 CUPS

DELUXE CHOCOLATE SAUCE

1/4 cup sugar
1/2 cup light cream
1 pkg (4 oz) sweet cooking chocolate
1 square (1 oz) unsweetened chocolate

1. In top of double boiler, combine sugar and 2 tablespoons cream; cook over boiling water until sugar is dissolved.
2. Cut up both kinds of chocolate. Remove double boiler from heat, but leave top over bottom. Add chocolate to cream mixture, stirring until melted.
3. With spoon, beat in remaining cream. Serve warm.

MAKES 1 CUP

CHOCOLATE SAUCE BRAZILIAN

5 squares (1-oz size) semisweet chocolate
1 square (1 oz) unsweetened chocolate
1 tablespoon butter or margarine
1/2 cup sugar
1/3 cup light corn syrup
1/4 cup light cream
1 tablespoon instant-coffee granules
1/4 cup dark rum

1. In top of double boiler, over hot water, melt chocolate, butter and sugar. Stir in corn syrup and cream. Beat until smooth. Add instant coffee; stir until dissolved.
2. In small, heavy saucepan, slowly heat rum just until vapor rises. Ignite with match. Pour into chocolate mixture, stirring with wire whisk until smooth. Serve hot over ice cream.

MAKES 1 1/2 CUPS

Note: Refrigerate leftover sauce; heat over hot water before serving.

BRANDY SAUCE

4 egg yolks
1/2 cup sugar
1/3 cup brandy
1/2 cup heavy cream

1. In top of double boiler, beat egg yolks with sugar until very thick and light. Stir in brandy; cook, stirring, over hot, not boiling, water, until thickened.
2. Refrigerate until well chilled.
3. Just before serving, pour cream into small bowl; beat until stiff. Fold into brandy mixture until well combined. Serve with ice cream or hot soufflés.

MAKES 1 1/2 CUPS

HOT BUTTERSCOTCH SAUCE

1/3 cup butter or margarine
1 cup light-brown sugar, packed
2 tablespoons light corn syrup
1/3 cup heavy cream

Melt butter in saucepan over low heat. Stir in brown sugar, corn syrup and cream; cook to boiling point. Then remove from heat, and cool slightly. Serve warm or cold.

MAKES 1 1/4 CUPS

Butterscotch Rum Sauce: When cool stir in 2 tablespoons white rum.

CUSTARD SAUCE

1 1/2 cups milk
3 egg yolks
1/4 cup sugar
Dash salt
1/2 teaspoon vanilla extract

1. Heat milk in top of double boiler over direct heat until tiny bubbles appear around edge of pan.
2. Beat yolks, sugar and salt, to mix well.
3. Very slowly pour hot milk into egg mixture, beating constantly.
4. Return mixture to double-boiler top; place over hot, not boiling, water (water in lower part of double boiler should not touch upper part).
5. Cook, stirring constantly, until thin coating forms on metal spoon – 8 to 10 minutes.
6. Immediately pour custard into a bowl; place sheet of waxed paper directly on surface.
7. Set bowl in cold water, to cool. Stir in vanilla. Refrigerate until very cold – several hours or overnight.

MAKES 1 1/2 CUPS

YOGURT CHANTILLY

½ cup heavy cream
3 tablespoons confectioners' sugar
1 teaspoon vanilla extract
½ cup plain yogurt

1. Combine cream and confectioners' sugar in medium bowl, and refrigerate 1 hour to chill.
2. With portable electric mixer at high speed, beat cream mixture until it begins to stiffen. Add vanilla and beat until stiff.
3. Using rubber spatula or wire whisk, gently fold yogurt into whipped cream. Chill, covered, until serving. Serve over fruit.

MAKES 1½ CUPS

Note: One tablespoon of apricot brandy, Grand Marnier, or rum may be substituted for the vanilla.

ENGLISH CUSTARD SAUCE

⅓ cup sugar
1 tablespoon cornstarch
2 cups milk
2 tablespoons butter or margarine
6 egg yolks
1½ teaspoons vanilla extract
½ cup heavy cream

1. In medium saucepan, combine sugar and cornstarch. Gradually add milk; stir until smooth. Then add the butter.
2. Cook over medium heat, stirring constantly, until mixture is thickened and comes to boil. Boil 1 minute. Remove from heat.
3. In medium bowl, slightly beat egg yolks. Gradually add a little hot mixture, beating well.
4. Stir into rest of hot mixture; cook over medium heat, stirring constantly, just until mixture boils. Remove from heat; stir in vanilla.
5. Strain custard immediately into a bowl. Refrigerate, covered, until it is cool. Stir in the heavy cream. Return the custard to refrigerator until well chilled.

MAKES ABOUT 2½ CUPS

CHANTILLY CREAM

1 cup heavy cream
2 tablespoons confectioners' sugar

1. In small bowl, mix cream and sugar. Refrigerate until well chilled.
2. Beat just until stiff with rotary beater. Refrigerate until serving.

MAKES 2 CUPS

HONEY WHIPPED CREAM

1 cup heavy cream
½ teaspoon nutmeg
⅓ cup honey

1. In medium bowl, with rotary beater, whip cream and nutmeg until stiff.
2. Using rubber spatula, or wire whisk, gently fold in honey.
3. Serve with gingerbread, applesauce cake, upside-down cake, or fruit desserts.

MAKES 2 CUPS

CINNAMON ICE-CREAM SAUCE

1 teaspoon ground cinnamon
1 tablespoon sugar
1 pint soft vanilla ice cream

1. Combine cinnamon and sugar.
2. Stir into ice cream until well blended and smooth. Serve immediately on hot fruit desserts.

MAKES 2 CUPS

SOUR-CREAM SAUCE

1 pint sour cream
6 tablespoons confectioners' sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg

1. In small bowl, combine sour cream and remaining ingredients; mix well.
2. Turn into serving bowl; refrigerate to chill well. Serve on Apple Strudel.

MAKES 2 CUPS

MAPLE SUNDAE SAUCE

1 cup maple syrup
1 cup sugar
¼ teaspoon salt
½ cup evaporated milk, undiluted
2 tablespoons butter or margarine
1 teaspoon maple flavoring

1. In a medium saucepan, combine all ingredients except maple flavoring.
2. Cook over medium heat, stirring constantly, until mixture comes to boiling. Boil, uncovered, 5 minutes, stirring occasionally.
3. Remove from heat. Stir in flavoring; cool slightly. Serve warm, over ice cream.

MAKES 2 CUPS

PUDDING SAUCE

1 pkg (3 oz) cream cheese, softened
1 egg
1 cup confectioners' sugar
2 tablespoons butter or margarine, softened
1 teaspoon lemon juice
Pinch salt
1 cup heavy cream, whipped
About 2 tablespoons golden rum, or 1/2 to 1 tablespoon rum extract

1. Day before: In medium bowl, with spoon, beat cheese until light. Add egg, sugar, butter, lemon juice and salt; beat well.
2. Fold in whipped cream and rum just until combined.
3. Refrigerate, covered, overnight.

MAKES 3 CUPS

RASPBERRY SAUCE

1 pkg (10 oz) frozen raspberries, thawed
1 teaspoon cornstarch

1. Drain juice from raspberries; reserve.
2. Combine 2/3 cup juice from raspberries with the cornstarch in a small saucepan; stir to mix well. Bring to boiling, stirring; boil 1 minute.
3. Cool; then refrigerate until cold. Add raspberries; toss lightly to mix well.
4. Refrigerate until serving.

MAKES 2/3 CUP

STRAWBERRY SAUCE

1 pkg (10 oz) frozen sliced strawberries, thawed
Water
1/4 cup sugar
1 tablespoon cornstarch
2 tablespoons strawberry preserves

1. Drain berries; reserve syrup. Add water to syrup to measure 1 cup.
2. In small saucepan, combine sugar and cornstarch. Gradually add strawberry syrup, stirring until smooth.
3. Over low heat, slowly bring to boiling, stirring, until mixture is thickened and translucent.
4. Remove from heat. Stir in strawberries and strawberry preserves.
5. Stir until preserves are melted. Refrigerate until cold.

MAKES 1 1/3 CUPS

VANILLA HARD SAUCE

1/3 cup butter or margarine, softened
1 teaspoon vanilla extract
1 cup unsifted confectioners' sugar

1. In small bowl of electric mixer, at high speed, cream butter until light.
2. Add vanilla and sugar; beat until fluffy and smooth.

MAKES ABOUT 3/4 CUP

WEIGHTS, MEASURES, AND COOKING TEMPERATURES

A HANDY METRIC CONVERSION TABLE

To Change	*Into*	*Multiply By*	*To Change*	*Into*	*Multiply By*
inches	centimeters	2.5	centimeters	inches	.4
ounces	grams	28	grams	ounces	.035
pounds	kilograms	.45	kilograms	pounds	2.2
teaspoons	milliliters	5	milliliters	teaspoons	.2
tablespoons	milliliters	15	milliliters	tablespoons	.067
fluid ounces	milliliters	30	milliliters	fluid ounces	.033
cups	liters	.24	liters	cups	4.2
pints	liters	.47	liters	pints	2.1
quarts	liters	.95	liters	quarts	1.06
gallons	liters	3.8	liters	gallons	.26

METRIC EQUIVALENTS FOR U.S. COOKING MEASURES

U.S. Measure		*Metric Equivalent*	*U.S. Measure*		*Metric Equivalent*
¼ teaspoon	=	1.25 milliliters	1 ounce	=	28.35 grams
½ teaspoon	=	2.5 milliliters	2 ounces	=	56.7 grams
1 teaspoon	=	5 milliliters	4 ounces	=	113.4 grams
2 teaspoons	=	10 milliliters	8 ounces	=	226.8 grams
3 teaspoons	=	15 milliliters	16 ounces	=	453.59 grams
1 tablespoon	=	15 milliliters	¼ pound	=	.11 kilogram
2 tablespoons	=	30 milliliters	½ pound	=	.23 kilogram
1 fluid ounce	=	29.5 milliliters	¾ pound	=	.34 kilogram
2 fluid ounces	=	59 milliliters	1 pound	=	.45 kilogram
4 fluid ounces	=	118 milliliters	2 pounds	=	.90 kilogram
8 fluid ounces	=	236 milliliters	4 pounds	=	1.81 kilograms
16 fluid ounces	=	472 milliliters	6 pounds	=	2.72 kilograms
1 cup	=	.24 liter	8 pounds	=	3.62 kilograms
2 cups	=	.47 liter	10 pounds	=	4.54 kilograms

U.S. COOKING MEASURES

3 teaspoons	=	1 tablespoon
2 tablespoons	=	1 fluid ounce
8 fluid ounces	=	1 cup
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
16 ounces	=	1 pound
12 inches	=	1 foot

COOKING TEMPERATURES

Heat	*Fahrenheit*	*Celsius*
Very Slow	250–275	121–135
Slow	300–325	149–163
Moderate	350–375	177–191
Hot	400–425	204–218
Very Hot	450–475	232–246
Broil	500–525	260–274

OVEN TEMPERATURES

°F	*°C*	*°F*	*°C*
200	93	375	191
225	107	400	204
250	121	425	218
275	135	450	232
300	149	475	246
325	163	500	260
350	177	525	274

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